

Adult Mental Health Groups

- **Parenting Skills**
 - A group designed to help parents learn how to parent and cope with children's behaviors and stressors of being a parent.
 - Tiffin: Monday 6-7pm
- **Day Treatment**
 - Intensive program designed to assist client in increasing coping skills to avoid hospitalization or assist in client's in post-hospital care.
 - Tiffin: Monday, Wednesday, & Friday 10a-1p
- **Anger Management**
 - A group designed for adults to learn anger management skills and reduce anger.
 - Tiffin: Wednesdays 4-5 pm
- **Coping Skills**
 - A group designed for adults to learn coping skills for mental health, such as: depression and anxiety.
 - Tiffin: Tuesdays 3-4pm
- **Male Batterer's Intervention Program**
 - A group designed for males with domestic violence related charges to learn anger management and healthy relationship skills to reduce violence.
 - Tiffin: Tuesday 5-6pm
- **Seeking Safety**
 - A group for adults who have experienced trauma to learn specific coping skills for trauma.
 - Tiffin: Friday 3-4pm

Child/Adolescent Mental Health Groups

- **Adolescent Social Skills**
 - A group for Adolescents, ages 14-17, dealing with negative behaviors in the home and make better choices.
 - Tiffin: Tuesdays 4-5pm

To set up treatment to get involved in group and individual counseling please call or Stop in to schedule your assessment:

Tiffin Firelands Counseling and Recovery Services
76 Ashwood Rd. Tiffin, Ohio 44883
419-448-9440

Upper Sandusky Firelands Counseling and Recovery Services
97 Houpt Dr Suite W. Upper Sandusky, Ohio 43351
419-294-4388

Adult Drug and Alcohol Groups

- **Understanding Sobriety (USG)**
 - A group for someone new into substance use with a mild use disorder. This group is an introduction/prevention group focused on people without moderate/severe symptoms of drug use.
 - Offered in Tiffin office Mondays 4pm-5pm
- **Stepping into Recovery (SIR)**
 - Groups focused on working with those in pre-contemplation stage of addiction or for those who are actively using to get motivated for treatment.
 - Offered in Tiffin office evenings 5:30-7:30 pm Tuesdays and Thursdays.
- **Intensive Outpatient Program (IOP)**
 - Mandatory minimum 9 hours of treatment a week according to ASAM criteria
 - Group for people in preparation and action stages of recovery. This group creates a foundation for recovery discussing areas identified in treatment such as creating sober supports, consequences to use, disease model, and more.
 - Offered in Tiffin office Monday, Tuesday, Thursday 5-8pm
- **Continuing Care (CC)**
 - Group for people in action and maintenance stage of recovery. Builds upon learned skills after IOP and works on difficulties in dealing with sobriety and rebuilding lifestyle once they have been sober for a period of time.
 - Offered in Tiffin office Tuesdays 2:30 – 4:00 pm.
- **Substance Abuse and Mental Illness (SAMI)**
 - Group for dual diagnosis clients whose severe mental health problems make it difficult to be in a larger group settings. Education of how psychotropic medications and substance use can exacerbate symptoms, education on mental illness in conjunction with drug use.
 - Offered in Tiffin office Mondays 11am-12pm

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