



CCS Group Availability

Forms completed in JUN 2025

Dane County Department of Human Services

Behavioral Health



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ARC: Outpatient groups 15 hours a weeks

Outpatient groups 15 hours a weeks

Mental health and substance use focus groups. DBT, Recovery management, Art, emotion regulation

Age group	Adults (18+)
Start date	06-01-2025
End date (if applicable)	
Meeting time	9:30am
Location	1409 Emil Street

To register, contact: Sverbauwhede@arccommserve.com

ARC: Day Treatment

Day Treatment

15 hours of treatment per week focusing on substance use and mental health. Program is women specific (non binary, and trans as well.)

Age group	Adults (18+)
Start date	06-03-2025
End date (if applicable)	
Meeting time	9:30am-2:15pm
Location	1409 Emil Street

To register, contact: Sverbauwhede@arccommserve.com

Catalyst for Change: Youth Art Club

Youth Art Club

Youth Art Club: 11-Session Program

June 17, 2025 through August 26, 2025

Join us for an exciting 11-session Youth Art Club where creativity meets connection! This engaging program is designed for young artists (ages 9-14) to explore their imagination through a variety of art activities while building essential life skills.

Each session offers a safe and supportive space for participants to express themselves, make new friends, and enjoy positive peer interactions. Through guided art projects, youth will learn to cope with emotions, develop problem-solving abilities, and build confidence in their creative voice.

Program Benefits:

Opportunities to socialize and connect with peers

Encouragement of positive peer interactions and teamwork

Healthy emotional expression through artistic exploration

Development of critical thinking and problem-solving skills

No prior art experience is necessary—just bring your enthusiasm and imagination!

Transportation is not provided.

Age group	Youth (<18)
Start date	06-17-2025
End date (if applicable)	08-26-2025
Meeting time	Tuesdays from 11:00AM-12:30PM
Location	Catalyst for Change: 2901 International Lane, Suite 100 Madison WI, 53704

To register, contact: Brooke Frion: 608-217-6805 or Ashley Retberg: 608-217-0398

For more information, follow this link.

https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F_2PoOKMIQF4D7AMg

CAYA Clinic: Women's Group

Women's Group

Open to all that identify as women or femme. Topics may range from harm reduction efforts and successes, dealing with daily stressors, coping with family dynamics, dealing with our own personal issues in productive ways, and coping skills. While topics will be presented, this group is participant-lead discussion. For CCS, please authorize 1.25 hrs per week IFPE.

Age group	Adults (18+)
Start date	06-02-2025
End date (if applicable)	
Meeting time	Mondays 12pm-1pm
Location	4785 Hayes Rd, STE 201, Madison, WI 53704

To register, contact: admin@cayaclinic.com

CAYA Clinic: Harm Reduction in Early Recovery

Harm Reduction in Early Recovery

This group is open to all adults, especially those who identify as being early in their recovery journey. This is primarily a process group taking a harm reduction approach to early recovery. Alongside processing, there will also be optional weekly activities and some psychoeducation. For CCS, please authorize 1.25 hours per week IFPE.

Age group	Adults (18+)
Start date	06-16-2025
End date (if applicable)	
Meeting time	Monday 4pm-5pm
Location	4785 Hayes Rd, STE 201, Madison, WI 53704

To register, contact: admin@cayaclinic.com

CAYA Clinic: Healing from Traumatic Grief

Healing from Traumatic Grief

This group is open to all adults. This is a safe space to explore grief from the many people we have lost to fatal overdose. Participants will learn about healthy grieving strategies and ways to honor their loved ones. For CCS, please authorize 1.25 hrs per week IFPE.

Age group	Adults (18+)
Start date	06-03-2025
End date (if applicable)	
Meeting time	Tuesday 3pm-4pm
Location	4785 Hayes Rd, STE 201, Madison, WI 53704

To register, contact: admin@cayaclinic.com

CAYA Clinic: Unlearning Internalized Stigma

Unlearning Internalized Stigma

This group, open to all, focuses on all the ways in which we internalize stigma and oppression around drug use, and how to challenge internal judgment. Our society devalues and stigmatizes People Who Use Drugs (PWUD). Participants will learn CBT strategies to challenge negative self-talk and increase self-esteem. For CCS, please authorize 1.25 hrs per week IFPE.

Age group	Adults (18+)
Start date	06-03-2025
End date (if applicable)	
Meeting time	Tuesday 4pm-5pm
Location	4785 Hayes Rd, STE 201, Madison, WI 53704

To register, contact: admin@cayaclinic.com

CAYA Clinic: Expressive Arts Group

Expressive Arts Group

This group is open to all adults. There will be space for prompted art projects and self-led projects. Group will open with grounding and intention setting. For CCS, please authorize 1.25 hrs per week IFPE.

Age group	Adults (18+)
Start date	06-05-2025
End date (if applicable)	
Meeting time	Thursday 3pm-4pm
Location	4785 Hayes Rd, STE 201, Madison, WI 53704

To register, contact: admin@cayaclinic.com

CAYA Clinic: Seeking Safety Skills Group

Seeking Safety Skills Group

This group is open to all adults. This is a great group for folx that have experienced trauma. Seeking Safety is an evidence based curriculum focusing on trauma and substance use. For CCS, please authorize 1.25 hrs per week IFPE.

Age group	Adults (18+)
Start date	06-19-2025
End date (if applicable)	
Meeting time	Thursday 4pm-5pm
Location	4785 Hayes Rd, STE 201, Madison, WI 53704

To register, contact: admin@cayaclinic.com

CAYA Clinic: Seeking Safety Skills Group

Seeking Safety Skills Group

This group is open to teens age 13-17. This is a great group for folx that have experienced trauma. Seeking Safety is an evidence based curriculum focusing on trauma and substance use. For CCS, please authorize 1.25 hrs per week IFPE.

Age group	Youth (<18)
Start date	06-19-2025
End date (if applicable)	
Meeting time	Thursday 5pm-6pm
Location	4785 Hayes Rd, STE 201, Madison, WI 53704

To register, contact: admin@cayaclinic.com

Elite Cognition: Your Five Fs

Your Five Fs

Using nature as our studio, group members will learn basic nervous system regulation practices to manage mental health symptoms.

Age group	Youth and adults
Start date	06-17-2025
End date (if applicable)	07-29-2025
Meeting time	4:00 - 5:30 (no group July 1)
Location	Lake Farm Park, Madison WI

To register, contact: info@elitecognitionllc.com

For more information, follow this link.

https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F_3CTM0GP1j4iIT8B

Elite Cognition: Mindful Movements

Mindful Movements

Take a break from everyday challenges and responsibilities to focus on the inner you. Learn how to connect to yourself, the outdoor scenery, and your community through emotional regulation and empowerment practices. Regardless of your fitness level, ability, body size, or range of mobility, you can find the calm in nature!

Age group	Adults (18+)
Start date	06-11-2025
End date (if applicable)	07-23-2025
Meeting time	9:00 am - 10:30 am
Location	Lake Farm Park, Madison

To register, contact: info@elitecognitionllc.com

For more information, follow this link.

https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F_3kpwwWgwVt66s73

Forward Counseling: Yin Yang Yoga

Yin Yang Yoga

As we transition into Spring and Summer, the group will start with more vinyasa style movement before transitioning to yin practice. When we're practicing yin yoga, it's important to remember that yin is not the only energy we're working with. Yin can only exist because it has an opposite: Yang. And just because they're opposites doesn't mean they are opposed. Yin and Yang create each other. They can't exist without the other. Yin energy tends to be connected to cold, the moon, winter, softness, stillness, darkness, slowness, downward moving energy, and things that are more hidden. Yang energy tends to be connected to heat, the sun, summer, hardness, movement, brightness, light or lightness, upward moving energy, and things that are exposed. Group will work to find balance in physical, emotional states while working towards overall embodiment and wellness.

Age group	Adults (18+)
Start date	06-05-2025
End date (if applicable)	
Meeting time	2-3:15 pm
Location	2000 Fordem Ave Madison, WI 53704

To register, contact: Cassie Rackow info@forward-counseling.com

For more information, follow this link.

https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F_1cSoq20XNvOCQRJ

Forward Counseling: Positive Coping Through Creative Expression

Positive Coping Through Creative Expression

This group will focus on art activities that support engaging in social skills and positive coping. The project will be a no-waste paper collage using forms and colors. This is an open gender group for all adults over 18. We do require that you have an individual therapist, though that person does not need to work at Forward Counseling. No prior art experience or level of skill is necessary, just an open mind and willingness to engage.

Age group	Adults (18+)
Start date	06-24-2025
End date (if applicable)	08-05-2025
Meeting time	3-4:30 pm
Location	2000 Fordem Ave Madison, WI 53704

To register, contact: Cassie Rackow info@forward-counseling.com

For more information, follow this link.

https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F_1i2RzrIQmP7bx3c

Forward Counseling: Healing Complex Trauma

Healing Complex Trauma

The focus of the Healing Complex PTSD group is to understand symptoms and approaches to healing complex trauma. Participants will be guided by a therapist through a six week series of topics and reflection. Workbooks and supplies will be provided.

Age group	Adults (18+)
Start date	06-11-2025
End date (if applicable)	07-16-2025
Meeting time	10-11:30 am
Location	2000 Fordem Ave Madison, WI 53704

To register, contact: info@forward-counseling.com Cassie Rackow

For more information, follow this link.

https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F_1GHAjGCdA9n8S1T

Four Winds: Women's Dissociative Disorder Recovery Group

Women's Dissociative Disorder Recovery Group

Womens' group providing for women diagnosed with a dissociative disorder. Provides psycho-education and support to coping with symptoms.

Age group	Adults (18+)
Start date	06-30-2025
End date (if applicable)	
Meeting time	Mondays 3:30 - 5 pm.
Location	8500 Greenway Blvd, Suite 102, Middleton

To register, contact: Sue Moran

Magnolia Therapy: 6-Week 2x Weekly Experiential Group focused in Therapeutic Adventure

6-Week 2x Weekly Experiential Group focused in Therapeutic Adventure

What: This 6-week group program will help clients build confidence, develop positive peer relationships, and enhance problem-solving skills through provider-led adventure- and nature-based activities. Clients will learn to work through interpersonal conflicts and meet community (group) responsibilities.

Age group	Youth (<18)
Start date	06-09-2025
End date (if applicable)	07-17-2025
Meeting time	Dependent on Age: Age 8-13 Mon/Wed 10:30-1:30pm; Age 14-17 Tues/Thurs 11:30-2:30pm
Location	W8540 US-18, Cambridge, WI

To register, contact: https://docs.google.com/forms/d/e/1FAIpQLSexbONR5-XBCeZPpADtfbPTPXU8VJNr_VbNNhdrMSIVc1wXrQ/viewform?usp=header

For more information, follow this link.

https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F_2yq0oegzZCbPtXf

Magnolia Therapy: 6-Week 2x Weekly Experiential Group focused in Therapeutic Adventure

6-Week 2x Weekly Experiential Group focused in Therapeutic Adventure

This 6-week group program will help clients build confidence, develop positive peer relationships, and enhance problem-solving skills through provider-led adventure- and nature-based activities. Clients will learn to work through interpersonal conflicts and meet community (group) responsibilities.

Age group	Youth (<18)
Start date	07-21-2025
End date (if applicable)	08-28-2025
Meeting time	Dependent on Age: Age 8-13 Mon/Wed 10:30-1:30pm; Age 14-17 Tues/Thurs 11:30-2:30pm
Location	Magnolia Lodge W8540 US-18, Cambridge, WI

To register, contact: https://docs.google.com/forms/d/e/1FAIpQLSxbONR5-XBCeZPpADtfbPTPXU8VJNr_VbNNhdrMSIVc1wXrQ/viewform?usp=header

For more information, follow this link.

https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F_x2TsGu0GGu2O58Z

ODCC: DBT

DBT

Age group	Youth and adults
Start date	07-21-2025
End date (if applicable)	
Meeting time	Variety of days and times open.
Location	Telehealth

To register, contact: office@odcfc.com

ODCC: Stitch and Enrich

Stitch and Enrich

Group available once we have three confirmed participants.

Age group	Adults (18+)
Start date	06-16-2025
End date (if applicable)	
Meeting time	Time will be determined with participants.
Location	West location

To register, contact: office@odcfc.com

ODCC: Yoga as Therapy

Yoga as Therapy

Age group	Adults (18+)
Start date	07-01-2025
End date (if applicable)	
Meeting time	2:30-3:30
Location	West location

To register, contact: office@odcfc.com

ODCC: Book Club

Book Club

Age group	Adults (18+)
Start date	07-01-2025
End date (if applicable)	
Meeting time	11:00-12:00
Location	West location

To register, contact: office@odcfc.com

Our Generations: Power of Positivity (PoP) Group

Power of Positivity (PoP) Group

Group is a psychoeducation group geared to help participants gain insight into identifying healthy ways take care of themselves & cultivate relationships with others. Topics covered include understanding self-esteem, defining care, stress management for anxiety, depression and other challenging emotions, food your mood, sleep hygiene, POP Group is a psychoeducation group geared to help participants gain insight into identifying healthy ways take care of themselves & cultivate relationships with others. Topics covered include understanding self-esteem, defining care, stress management for anxiety, depression and other challenging emotions, food your mood, sleep hygiene, POP Group is a psychoeducation group geared to help participants gain insight into identifying healthy ways to take care of themselves & cultivate healthy relationships with others. Topics covered include understanding self-esteem, defining self-care, stress management for anxiety, depression and other challenging emotions, food and your mood, sleep hygiene,

Age group	Adults (18+)
Start date	05-20-2025
End date (if applicable)	
Meeting time	Every 3rd Tuesday at 4pm
Location	Virtual

To register, contact: Ramona Charles ramonac@generationstherapy.org

Our Generations: Painting Mindfully

Painting Mindfully

No artistic abilities required. This is a safe space for individuals to socialize and practice new coping skills through the art of painting.

Age group	Adults (18+)
Start date	05-27-2025
End date (if applicable)	
Meeting time	Tuesdays/Thursdays 1-2:30pm
Location	1955 W. Broadway STE 104

To register, contact: info@generationstherapy.org

Pauquette Center: DBT

DBT

Age group	Youth and adults
Start date	06-02-2025
End date (if applicable)	
Meeting time	open
Location	Virtual

To register, contact: <https://pauquette.com/contact-us/comprehensive-community-services-ccs-referral/>

SOAR: Mindfulness Art Group

Mindfulness Art Group

SOAR is happy to offer the Mindfulness Art Group for CCS consumers. SOAR Service Facilitator (MS), ISDE Provider, Certified Peer Specialist, and local professional mixed media artist Heather Andresen will be the group facilitator/array provider.

The Mindfulness Art Group is an ongoing group skills session/ ISDE that will meet every Monday from 1:30-3:30p in the SOAR conference room at 4513 Milwaukee St. Madison, WI 53714.

This is not a process group or group therapy. While we collectively may get to know one another, make positive connections, feel supported, and have a sense of belonging, we will be focusing on ways to make our lives more meaningful through the learning and implementation of new skills surrounding using art as a means to achieve mindfulness.

Every participating consumer will receive a "swag bag" of art supplies to utilize outside the group in order for them to continue using the skills they learn independently.

You'll need to include the below action step for service authorization and add 3 hours per week to their plan in order for your client to attend the art group. Once the action step and authorization is approved by your MHP, please email Heather at heathera@soarcms.org in order to let her know they are in place. Once you've emailed Heather that information, your client is welcome to join the group the following Monday.

Age group	Adults (18+)
Start date	06-09-2025
End date (if applicable)	
Meeting time	Mondays, 1:30-3:30pm
Location	4513 Milwaukee St, Madison

To register, contact: Heather Andresen, heathera@soarcms.org

Stay Focused: Stay Focused on Your Goals

Stay Focused on Your Goals

Stay Focused on Healthy Living, Healthy Relationships, Freedom, and Career Development.

Age group	Youth and adults
Start date	06-30-2025
End date (if applicable)	
Meeting time	1:00 PM
Location	2921 Landmark Pl., Suite 215, Madison, WI 53713

To register, contact: Mitch Turner

For more information, follow this link.

https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F_2ZBmThOuOrbl49R

Tellurian: Tellurian Outpatient Relapse Prevention Group

Tellurian Outpatient Relapse Prevention Group

This group encourages members to freely talk about their recovery, discuss stressors, express emotions, and relate to each other in a healthy way. Structured activities and coping tools are also taught in this group, including relapse prevention strategies, emotional regulation skills, cognitive behavioral techniques, and mindfulness. This group is available to all genders.

Age group	Adults (18+)
Start date	06-06-2025
End date (if applicable)	
Meeting time	Tuesdays 5:30p-7:00p
Location	300 Femrite Dr. Monona, WI

To register, contact: Jason Meir

Trailways Counseling: Parent Psychoeducation Group

Parent Psychoeducation Group

Parenting Psychoeducation Group Application

Trailways Counseling Parenting Psychoeducation Group is a virtual group run by Lauren Henderson and Andrea Carvin. The psychoeducation group is a good fit for parents with children who have experienced trauma, struggle with mental health, and want more support and education in their parenting journey. All sessions will include an informational topic, followed by practice activity, and then individual sharing and reflection.

Sessions pull from TBRI (Trust-Based Relational Intervention) techniques, and Social Thinking.

Sessions 2-4 are based off of TBRI principles, and sessions 5-7 are based off of Social Thinking Methodology.

The next session starts June 3, 2025.

Sessions

Intro

Empowered Parenting

Connected Parenting

Corrective Parenting

Thinking skills and goal-setting

Planning and motivating

Time management and flexible thinking

Conclusion

Age group	Adults (18+)
Start date	06-03-2025
End date (if applicable)	08-05-2025
Meeting time	12:00 pm or 6:00 pm
Location	Virtual

To register, contact: <https://trailwayscounseling.com/group-services>

Triquestrian: Harm Reduction

Harm Reduction

Triquestrian is offering an on-going Adult Recovery group. Participants will learn about and experience Harm Reduction strategies, Natural Lifemanship principles, Peer connection and Mindfulness exercises. This group is intended for the Adult CCS participant who are evaluating their Substance Use and is considering change. Participants will have the opportunity to consider and evaluate their use of substances and other imbalances in life, in a nonjudgmental and supportive way.

Age group	Adults (18+)
Start date	06-10-2025
End date (if applicable)	
Meeting time	4-5pm
Location	6410 Enterprise Lane Suite 210 Madison WI 53719

To register, contact: info@triquestrian.com

Triquestrian: Writing to Live.

Writing to Live.

Triquestrian is continuing to offer an on-going wellness-based creative writing ISDE group, "Writing to Live." Participants will learn how to use poetry, journaling, and other writing modalities to approach mental health and/or substance use concerns. This group will be offered virtually only.

Age group	Adults (18+)
Start date	06-06-2025
End date (if applicable)	
Meeting time	3:30-5pm
Location	Virtual

To register, contact: info@triquestrian.com

Triquestrian: Somatic Connections

Somatic Connections

"Somatic Connections" has completed its first 8-week cycle and will be pausing in order to recruit new participants for the next cycle. Please submit referrals on our website specifying this group and we will be in touch about a timeline.

Age group	Adults (18+)
Start date	06-04-2025
End date (if applicable)	
Meeting time	TBD
Location	TBD

To register, contact: info@triquestrian.com

Triquestrian: DBT Group

DBT Group

Triquestrian offers an open and ongoing in person DBT skills group held Mondays at 10:00am-11:30am at our office. Group is co-ed, 18+ and can have up to 10 participants. DBT is a research based skills focused approach. The main goals are to teach people how to live in the moment, develop healthy ways to cope with stress, regulate emotions, and improve relationships with others. We have partnered DBT skills training with Natural Lifemanship, a relational model that focuses on the art and science of connected relationships. This pairing deepens our connection with ourselves and our relationships with others. Group will consist of learning and practicing skills through discussion and completing worksheets.

Age group	Adults (18+)
Start date	06-09-2025
End date (if applicable)	
Meeting time	10-11:30am
Location	Office: 6410 Enterprise Lane Suite 210, Madison, WI 53719

To register, contact: info@triquestrian.com