



# CCS Group Availability

Openings to start in SEP 2023

Dane County Department of Human Services

Behavioral Health



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## ARC: Day Treatment

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### Day Treatment

SUD and MH group for women

<b>Age group</b>	Adults (18+)
<b>Start date</b>	09-11-2023
<b>End date (if applicable)</b>	
<b>Meeting time</b>	M-Th 9:30-2:30
<b>Location</b>	1409 Emil St

To register, contact: [sboughman@arccommserv.com](mailto:sboughman@arccommserv.com)

## ARC: IOP

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### IOP

SUD and MH group for women

<b>Age group</b>	Adults (18+)
<b>Start date</b>	09-11-2023
<b>End date (if applicable)</b>	
<b>Meeting time</b>	M-Tu 9:30-2:30
<b>Location</b>	1409 Emil St

To register, contact: [sboughman@arccommserv.com](mailto:sboughman@arccommserv.com)

## Edelweiss: Adult Eating Disorder IOP

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### Adult Eating Disorder IOP

<b>Age group</b>	Adults (18+)
<b>Start date</b>	09-18-2023
<b>End date (if applicable)</b>	
<b>Meeting time</b>	M, W, R 3-6pm
<b>Location</b>	725 Heartland Trail, Madison

To register, contact: Anna Desai

## Edelweiss: Adult Eating disorder IOP (4 day)

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Adult Eating disorder IOP (4 day)

<b>Age group</b>	Adults (18+)
<b>Start date</b>	09-18-2023
<b>End date (if applicable)</b>	
<b>Meeting time</b>	MTWR 10am-1pm
<b>Location</b>	725 Heartland Trail

To register, contact: Anna Desai

## Edelweiss: Adolescent Eating Disorder IOP

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Adolescent Eating Disorder IOP

<b>Age group</b>	Youth (&lt;18)
<b>Start date</b>	09-18-2023
<b>End date (if applicable)</b>	
<b>Meeting time</b>	M, T 3-6pm, R 8-11am
<b>Location</b>	725 Heartland Trail, Madison

To register, contact: Anna Desai

## Edelweiss: OCD IOP

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OCD IOP

<b>Age group</b>	Adults (18+)
<b>Start date</b>	09-18-2023
<b>End date (if applicable)</b>	
<b>Meeting time</b>	M W F 9am-12pm
<b>Location</b>	725 Heartland Trail, Madison

To register, contact: Anna Desai

## Elite Cognition: DBT for Adults

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### DBT for Adults

DBT skills based work.

<b>Age group</b>	Adults (18+)
<b>Start date</b>	10-05-2023
<b>End date (if applicable)</b>	
<b>Meeting time</b>	Thursdays 11a-12:30p
<b>Location</b>	5900 Monona Drive, STE 102 Monona, WI 53716 (In person at office)

To register, contact: [info@elitecognitionllc.com](mailto:info@elitecognitionllc.com)

For more information, follow this link.

[https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F\\_1OZ8mNhiG6MVRjE](https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F_1OZ8mNhiG6MVRjE)

## Forward Counseling: Yoga For All

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### Yoga For All

Yoga for All is a group for all levels, and welcomes those who are looking to incorporate slow, gentle movements and breath work into their mental health wellness routine. Equipment (mat, strap, blocks) will be provided by the agency, though you can bring your own if you prefer. Please wear comfortable clothing, bring a water bottle, and eat a lighter meal prior.

What to expect: In this group, we will bring together thoughts, emotions, and physical experience through movement. We will learn about the breath, practicing mindful body awareness and exploring physical yoga postures to strengthen nervous system resilience. Through yoga we can learn to shift our relationship to our body. Yoga can shift perceptions we have of ourselves, of others in our lives, and of the world around us. By flowing through movement and breath, we'll actively meditate and experience the present moment to connect more deeply within ourselves and to others.

<b>Age group</b>	Adults (18+)
<b>Start date</b>	10-11-2023
<b>End date (if applicable)</b>	11-29-2023
<b>Meeting time</b>	1:30-2:45 pm
<b>Location</b>	2000 Engel Street, Suite 201 Monona, WI 53713

To register, contact: Michelle Murray

For more information, follow this link.

[https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F\\_2S0t3rFri9O1DH4](https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F_2S0t3rFri9O1DH4)

# Forward Counseling: Coping With Art

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## Coping With Art

**What:** This group will focus on expressive arts activities that support exploration of identity and positive coping skills. There will be two primary projects, the first will be a self-compassion collage and the second will be making a “wise-mind” puppet.

**Who:** This is an open gender group for all adults. No prior art experience or level of skill is necessary, just an open mind and willingness to engage. Participation is expected, though we understand that people will engage differently and as they are able. We will work together to make a safe and inclusive environment.

<b>Age group</b>	Adults (18+)
<b>Start date</b>	10-05-2023
<b>End date (if applicable)</b>	11-16-2023
<b>Meeting time</b>	3:00 pm - 4:30 pm
<b>Location</b>	2000 Engel Street, Suite 201 Monona, WI 53713

To register, contact: Michelle Murray, [info@forward-counseling.com](mailto:info@forward-counseling.com)

For more information, follow this link.

[https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F\\_1Gy43OccwflzCcB](https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F_1Gy43OccwflzCcB)

# Forward Counseling: Seeking Safety: A Treatment for PTSD and Substance Use

## Seeking Safety: A Treatment for PTSD and Substance Use

Seeking Safety is a 10-week, skills-based group, held on Thursdays from 1-2:30 pm. The group is a co-educational therapy group for anyone 18+ in age and has experienced trauma and struggles with substance use. Group will help participants to become safer in relationships,

thinking, and action and focus on these coping skills topics:

- Post-Traumatic Stress Disorder (PTSD) and taking back your power
- Practicing compassion and honesty
- Recovery thinking
- Understanding when substances control you
- Increasing self-nurturing activities and taking good care of one's body
- Setting boundaries in relationships
- Learning to ask for help from safe people
- Getting others to support your recovery
- Healing from anger, and more...

Group will provide support, education, and build skills while practicing moving forward by learning new ways to safely cope. Though there will be sharing and discussion on experiences, this is not a trauma processing group.

<b>Age group</b>	Adults (18+)
<b>Start date</b>	10-05-2023
<b>End date (if applicable)</b>	12-07-2023
<b>Meeting time</b>	1:00 pm - 2:30 pm
<b>Location</b>	2000 Engel Street, Suite 201 Monona, WI 53713

To register, contact: Michelle Murray, [info@forward-counseling.com](mailto:info@forward-counseling.com)

For more information, follow this link.

[https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F\\_T5Br1ZXx8uEaZeV](https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F_T5Br1ZXx8uEaZeV)

## Four Winds: Women's Trauma Group

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### Women's Trauma Group

This group meets weekly to focus on coping skills, psycho-education, support and processing how trauma has affected client's lives. The group provides specific support for women who are diagnosed with dissociative identity disorder. The group is open to clients active in individual therapy at Four Winds Counseling LLC, and clients who have an ongoing therapist in the community.

<b>Age group</b>	Adults (18+)
<b>Start date</b>	09-25-2023
<b>End date (if applicable)</b>	
<b>Meeting time</b>	Mondays 3:30 - 5 p.m.
<b>Location</b>	437 S. Yellowstone Drive, Suite 219, Madison

To register, contact: Sue Moran

## HealthyMinds: DBT Skills

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### DBT Skills

Provides DBT Skills. Participants must have an individual therapist, preferably DBT trained

<b>Age group</b>	Adults (18+)
<b>Start date</b>	09-05-2023
<b>End date (if applicable)</b>	
<b>Meeting time</b>	Tuesday Evenings
<b>Location</b>	2909 Landmark Place

To register, contact: Wendy Abel MS, LPC



## Insight Counseling: Building Healthy Relationships

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### Building Healthy Relationships

Building Healthy Relationships is a virtual skills group focused on how to build and strengthen healthy relationships with friends, family, or partners. Group topics will include: creating boundaries, learning communication styles, understanding emotional labor, building conflict resolution skills, and fostering respect.

Age group	Adults (18+)
Start date	10-10-2023
End date (if applicable)	01-02-2024
Meeting time	Tuesdays, 3pm - 4pm
Location	Insight Counseling and Wellness, Atwood location

To register, contact: Emily Bosma

For more information, follow this link.

[https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F\\_5bG0LbeDovzVWuy](https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F_5bG0LbeDovzVWuy)

## Insight Counseling: Verona Self-Compassion Group

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### Verona Self-Compassion Group

In this group, you will learn at least eight guided practices and exercises from Dr. Kristin Neff's work to increase self-compassion. Neff has defined self-compassion as being composed of three main elements – self-kindness, common humanity, and mindfulness. This group is a great opportunity to learn new coping strategies and engage with others in the community. There is no better time to practice these strategies than just before we move into winter, the holidays, and a new year.

Age group	Adults (18+)
Start date	10-03-2023
End date (if applicable)	11-28-2023
Meeting time	Tuesdays 5:30-7 p.m. (no class on Oct. 31)
Location	Verona Wellness Studio, 324 S. Main St., Verona

To register, contact: Contact [kellyjaminski@insightmadison.com](mailto:kellyjaminski@insightmadison.com) or [jen@insightmadison.com](mailto:jen@insightmadison.com) before Sept. 18 to be considered for this group

## ODCC: DBT

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### DBT

<b>Age group</b>	Youth and adults
<b>Start date</b>	09-25-2023
<b>End date (if applicable)</b>	09-01-2023
<b>Meeting time</b>	Multiple day and time offerings
<b>Location</b>	Telehealth

To register, contact: [Rob@odcfc.com](mailto:Rob@odcfc.com), [office@odcfc.com](mailto:office@odcfc.com) or call office at 608-827-7220

## Our Generations: Journaling Group

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### Journaling Group

12-15 weeks long, Open Group

Each session will start with a brief meditation

Different writing prompts provided each week 30 minutes of writing time per prompt

Group processing time afterwards

<b>Age group</b>	Adults (18+)
<b>Start date</b>	10-02-2023
<b>End date (if applicable)</b>	
<b>Meeting time</b>	12-1:30pm
<b>Location</b>	1955 W. Broadway STE 104

To register, contact: <https://forms.office.com/r/40GmuCaUPx>

For more information, follow this link.

[https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F\\_sMayt389E6AP9sJ](https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F_sMayt389E6AP9sJ)

## Our Generations: Poetry Writing

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### Poetry Writing

Group participants will learn basic components of poetry and how to apply them to their own writing. Emphasis will be placed on how writing can benefit people in recovery or struggling with their mental health. Writing exercises will be provided. Guidance will be provided in a safe and supporting manner. People who have no experience with writing and those who doubt their ability to do so are strongly encouraged to come.

<b>Age group</b>	Adults (18+)
<b>Start date</b>	10-04-2023
<b>End date (if applicable)</b>	
<b>Meeting time</b>	11am-12:30pm
<b>Location</b>	1955 W. Broadway STE 104

To register, contact: <https://forms.office.com/r/40GmuCaUPx>

For more information, follow this link.

[https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F\\_12FGAFkg28etY79](https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F_12FGAFkg28etY79)

## Our Generations: Post-Incarceration Group

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### Post-Incarceration Group

18+and history of incarceration for 1+ year consecutively.

<b>Age group</b>	Adults (18+)
<b>Start date</b>	10-05-2023
<b>End date (if applicable)</b>	
<b>Meeting time</b>	12pm-1:30pm
<b>Location</b>	11955 W. Broadway STE 104

To register, contact: <https://forms.office.com/r/40GmuCaUPx>

For more information, follow this link.

[https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F\\_3KVeMDtIT9xGab1](https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F_3KVeMDtIT9xGab1)

## RISE Wisconsin: Confidence in Communication: Interpersonal Skills

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### Confidence in Communication: Interpersonal Skills

Let's explore improving our interpersonal communication skills and building confidence in our social interactions.

<b>Age group</b>	Adults (18+)
<b>Start date</b>	10-05-2023
<b>End date (if applicable)</b>	10-26-2023
<b>Meeting time</b>	Thursdays 3:00-4:30 PM
<b>Location</b>	2120 Fordem Avenue

To register, contact: [supportgroups@risewisconsin.org](mailto:supportgroups@risewisconsin.org)

For more information, follow this link.

[https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F\\_3nGZwQ7VafNGJD4](https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F_3nGZwQ7VafNGJD4)

## Stay Focused: Stay Focused on Goals

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### Stay Focused on Goals

Discussion about weekly progress with goals, topic center on healthy living, healthy relationships, freedom, and career development.

<b>Age group</b>	Youth and adults
<b>Start date</b>	09-18-2023
<b>End date (if applicable)</b>	
<b>Meeting time</b>	varies
<b>Location</b>	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\\_PlgGBjSYhLkCPGp](https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F_PlgGBjSYhLkCPGp)

## Triquestrian: DBT Skills Group

### DBT Skills Group

<b>Age group</b>	Adults (18+)
<b>Start date</b>	01-01-1900
<b>End date (if applicable)</b>	
<b>Meeting time</b>	10-11:30am
<b>Location</b>	6410 Enterprise Lane Suite 210

To register, contact: Jackie Connell

For more information, follow this link.

[https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F\\_3M4qEqPq2igwEQu](https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F_3M4qEqPq2igwEQu)

## Triquestrian: Substance Use Harm Reduction Group

### Substance Use Harm Reduction Group

This group is offered both in person and virtual.

<b>Age group</b>	Adults (18+)
<b>Start date</b>	01-01-1900
<b>End date (if applicable)</b>	
<b>Meeting time</b>	Tuesdays 4-5pm
<b>Location</b>	6410 Enterprise Lane Suite 210

To register, contact: Jackie Connell

For more information, follow this link.

[https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F\\_pi806gS54wyTgOZ](https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F_pi806gS54wyTgOZ)

## SOAR: Mindfulness Art Group

### Mindfulness Art Group

ISDE Art Group

<b>Age group</b>	Adults (18+)
<b>Start date</b>	10-16-2023
<b>End date (if applicable)</b>	01-01-2024
<b>Meeting time</b>	Mondays, 1:30p-3p
<b>Location</b>	Soar Group Oct 2023.jpg

To register, contact: [heathera@soarcms.org](mailto:heathera@soarcms.org)

For more information, follow this link.

[https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F\\_efzF3vi25Z2RRPX](https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F_efzF3vi25Z2RRPX)