



TLC Services

Groups Catalog July - October 2024

Group	Description	Facilitators	When & Where
Grief Support: Moving Through Grief and Loss	For those who lost a Loved One at least 4 months before the starting date. The grieving process takes us on a journey that can be painful & challenging. Being with others who understand can ease the pain & guide us through that journey towards healing.	Judy Maloney, Licensed Mental Health Counselor and Shirley Somers, B.A.	<p style="text-align: center;">July 23 - Aug 27: 6 weeks, Tuesdays, 9:30- 11:00 am at Lake Miona Rec Center, 1480 Buena Vista Blvd., The Villages</p>
	Registration is required.		Click here to Register
Rediscovering Yourself After Losing a Spouse or Partner	This group is for those who lost a spouse or partner at least 4 months before the starting date . After the loss of our spouse or partner, we find we no longer identify as part of a couple. Traveling through this transition of change can be a lonely and frightening journey. Finding contentment, happiness, independence and purpose in your new life is achievable.	Judy Maloney, Licensed Mental Health Counselor and Shirley Somers, B.A.	<p style="text-align: center;">Sept 3 through Oct 8: 6 weeks, Tuesdays, 9:30- 11:00 am at Lake Miona Rec Center, 1480 Buena Vista Blvd., The Villages</p>
	Registration is required.		Click here to Register
Weigh to Go (Weight Loss) Cognitive Behavior Change to Support your Weight Loss Plan	This group is geared for persons who are serious about and committed to losing weight. Weigh to Go is an alternative approach using the well-researched model of cognitive restructuring along with hypnosis to provide an in-depth and innovative way to support your healthy eating goals.	Elaine Stipetich, Licensed Clinical Social Worker and Jo Conard, Licensed Mental Health Counselor and Hypnotist	<p style="text-align: center;">Mondays 1-3pm at Eisenhower Rec Center, 3560 Buena Vista Blvd, The Villages</p>

	Registration is closed. This group is full. Please watch for a group around Sept 2024		
Mental Health Professionals (previously Social Workers, Counselors and Therapists group)	We are holding monthly meetings. We hope to see previous members and welcome new members. All mental health professionals, currently working or retired, are welcome to attend. CEUs are offered for some of the meetings and the educational presentations will include many interesting topics.	Pat Hayes, LCSW and Elaine Stipetich, LCSW	Meets September through May, 3rd Thursdays of each month, 2:00 - 4:00 PM, SeaBreeze Rec Center, 2384 Buena Vista Blvd, The Villages.
	For information, Email Stipeti@aol.com		