



TLC Services

Catalog of Groups March - April 2020

GROUPS SCHEDULED TO START IN MARCH AND APRIL ARE BEING POSTPONED.

Group	Description	Facilitators	When	Where
Getting Through It (Grief)	When someone we love dies, getting through the grief can feel like hitting a brick wall. Feelings of shock, sadness, anger, guilt, anxiety, helplessness, etc. along with physical sensations, disbelief and confusion, lack of concentration, sleep and appetite disturbances, crying and social withdrawal can be devastating. We can feel less lost and alone in a group of people who share our experience and really understand. In this support group getting through the grief can become less devastating and the professional facilitators who have “been there and done that” can provide comforting knowledge and direction.	Ellen Rainbolt, Licensed Marriage and Family Therapist and Joan Miles Lowitt, Licensed Clinical Social Worker.	8 Weeks, Tuesdays from 10:00 am to 12 noon, March 24, 2020 to May 12, 2020	The Springs of Lady Lake Asst. Living Facility (630 Griffin Ave. Lady Lake, behind Home Depot)

THIS GROUP IS BEING POSTPONED.

Group	Description	Facilitators	When	Where
What About Me?	This support group is specifically geared for persons whose loved one has been diagnosed with cancer. It will address topics such as: difficult feelings (worried, sad, scared, anxious, helpless, hopeful, etc.), coping strategies, education, self-care, communication techniques, relationship issues, etc.	Dr. Cindi Stewart, a Licensed Psychologist/Physician Asst. and Dr. M. Terri Devine, Ed.D. Mental Health Counselor	10 Weeks, Tuesdays from 10:00 to 12:00 noon March 24, 2020 to May 26, 2020	Elan Asst. Living Facility (CR466 and Buena Vista).

THIS GROUP IS BEING POSTPONED.

Group	Description	Facilitators	When	Where
Weigh to Go: Restructuring your Thoughts and Hypnosis to Support Weight Loss	This group is geared for persons who are serious about and committed to losing weight. Weigh to Go is an alternative approach that utilizes the well-researched model of cognitive restructuring along with hypnosis to provide an in-depth and innovative way to think yourself thin. You'll be able to explore, identify and correct how you unconsciously sabotage your best efforts. The group is comprised of classes and self-discovery written exercises to teach how to change your thinking about food on a conscious level and hypnosis to cement the new thinking on an unconscious level.	Elaine Stipetich, Licensed Clinical Social Worker and Jo Conard, Licensed Mental Health Counselor and Hypnotist	8 Weeks, Mondays from 1:00 pm to 3:00 pm April 27 2020 to June 15, 2020	Eisenhower Recreation Center, 3560 Buena Vista Blvd, The Villages

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