



## TLC Services

## Groups Catalog Feb - March 2024

Group	Description	Facilitators	When & Where
<b>Grief Support Group: A Path to Healing Grief</b>	This group is for those who lost a spouse or partner <b>at least 4 months ago</b> . Coming together with others who have experienced a similar loss can ease the pain and enable us to find a healing path towards a new normal.	Judy Maloney, Licensed Mental Health Counselor and Mary Linda Sara, Ph.D.	<b>Feb 6 through March 21:</b> 8 weeks, Tuesdays, 9:30-11:00 am at Lake Miona Rec Center, 530 Belvedere Blvd, The Villages
	<b>This group is closed. Watch for future groups.</b>		
<b>Weigh to Go (Weight Loss) Cognitive Behavior Change to Support your Weight Loss Plan</b>	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	<b>March 4 - Apr 15:</b> 7 Weeks, Mondays 1-3pm at Eisenhower Rec Center, 3560 Buena Vista Blvd, The Villages
	<b>Registration is closed. This group is full. Please watch for a group in September.</b>		
<b>Mental Health Professionals (previously Social Workers, Counselors and Therapists group)</b>	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.

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