

Northern Light Acadia Hospital Pediatric Outpatient Therapy Groups

Mondays	<p>Afternoon Unwind</p> <p>Sarah Reinzo, LCSW</p> <p>Grades: 1-3 / Ages: 5-8 4-5pm</p>	<p>Adolescent Eating Disorder Group</p> <p>Ashley Estes, LCPC</p> <p>(Starting end of Feb)</p> <p>Grades: 8-12 / Ages: 13-18 4-5pm</p>			
Tuesdays	<p>Pathways to Recovery</p> <p>Christine Paul, LCSW</p> <p>Grades: 9-12 / Ages: 14-18 6:30-730pm</p>	<p>Eating Disorder Parent Group (For parents of pts in ED program)</p> <p>Ashley Estes, LCPC</p> <p>2nd Tuesday of month at 6pm 4th Tuesday of month at 12pm</p>			
Wednesdays	<p>Build Your Skills</p> <p>Christine Bubar, LCSW</p> <p>Grades: 4-6 / Ages: 9-12 4-5pm</p>	<p>Staying Connected with Middle School Peers</p> <p>Brianna Graves, LMSW-CC</p> <p>Grades: 6-8 / Ages: 11-14 4-5pm</p>	<p>Adult 12 Week Eating Disorder Group Phase II</p> <p>Sara Porter, LCSW</p> <p>(Starting end of Feb)</p> <p>4-5pm</p>		
Thursdays	<p>Growth After Trauma</p> <p>Christine Bubar, LCSW</p> <p>Grades: 9-12 / Ages: 14-18 4-5pm</p>	<p>High School Group</p> <p>Shannon Murray, LCSW</p> <p>Grades: 9-12 / Ages: 14-18 4-5pm</p>	<p>Adolescent Eating Disorder Group</p> <p>Ashley Estes, LCPC</p> <p>Currently running this day until end of Feb.</p> <p>Grades: 8-12 / Ages: 13-18 4-5pm</p>	<p>Adult 12 Week Eating Disorder Group Phase I</p> <p>Ashley Estes, LCPC</p> <p>(Starting end of Feb)</p> <p>4-5pm</p>	<p>Adult 12 Week Eating Disorder Group Phase I</p> <p>Sara Porter, LCSW</p> <p>Currently running Phase I</p> <p>4-5pm</p>
Fridays	<p>Pathways to Recovery</p> <p>Christine Paul, LCSW</p> <p>Grades: 9-12 / Ages: 14-18 12pm – 1pm</p>				

Learn more about these therapy group offerings below.



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Acadia Hospital

Updated: 9/25/2023

Therapy Group descriptions

Afternoon Unwind – All Genders

End your day on a positive note by enjoying some calming activities, talking about things that may be stressors and learning coping skills. Our focus will be on communication and coping skills to help manage big emotions across settings. Fun supplies will be provided to participants through a free monthly subscription box, which will be mailed to the home.

Eating Disorder Parent Group – For parents of patients in eating disorder program

Purpose of group is to provide support, education and connection for parents and families of patients receiving group and or individual therapy for eating disorders within our clinic.

Pathways to Recovery – All Genders

Pathways to Recovery's goal is to provide young people the self-empowering, no shame/no blame support, and education needed to start and maintain their recovery journey. Group members will have the opportunity to learn four key components of breaking addictive behaviors, while participating in supportive discussions that encourages building and maintaining motivation, managing thoughts/feelings/behaviors, teaches ways of coping with urges, and guide the idea of living a balanced life.

Build Your Skills – All Genders

Purpose of group is to promote interpersonal connection while learning positive coping skills and building self-esteem. Participants will learn and practice social behaviors to work as part of team, make good decisions, communicate well with others and to handle conflict in healthy ways. Participants will also learn skills to deal with feelings, alternatives to aggression, and responding to bullying.

Staying Connected with Middle School Peers – All Genders

Support group for Middle School students (grades 6-8), to connect with one another and develop positive social interactions and to boost self-esteem.

High School Group – All Genders

Safe, supportive environment for participants to discuss challenges, mental health issues, and other struggles that all teens can face with peer support, psychoeducation, and learning new therapeutic skills.

Growth After Trauma – For participants identifying as female.

Traumatic events are those that can cause overwhelming anxiety or distress. Following traumatic experiences, youth often describe feeling empty, confused, and alone as they attempt to make sense of and cope with feelings of anger, sadness, and guilt. This group will offer support in a safe environment to foster growth, healing, and recovery. Preferred (but not required) that participants be in individual therapy as well.

Adolescent Eating Disorder Group – All Genders

Support, therapy, and psychoeducation to those who have been diagnosed with an eating disorder and are actively working on their recovery. Preferred (but not required) that participants be in individual therapy as well.



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