

In addition to medication management, Adult Outpatient Services also provides: individual therapy, couples counseling, family therapy, and group therapy.

Clients can request from current providers a referral for groups. (Note: some may have a waitlist.)

Unless otherwise noted, all therapy groups in Adult Outpatient Services —

- Are for adult men and women
- Have a “rolling admission” (group members can start any time)
- Are “open ended” (group members can stay as long as it is therapeutically appropriate)
- Are held once per week
- Can be billed to most insurances

If you are currently a patient in Ambulatory/Outpatient services at Acadia Hospital, please let your nurse, clinician, and/or psychiatrist know that you are interested in learning more about individual, couples, family, or therapy groups.



**Adult Outpatient Therapy**  
268 Stillwater Avenue  
Bangor, Me 04401  
Phone: 207.973.6199 or 1.800.640.1211  
Fax: 207.973.6038  
[northernlighthealth.org/acadia](http://northernlighthealth.org/acadia)



**Northern Light**  
Acadia Hospital

Adult Ambulatory/Outpatient Services



**Adult  
Outpatient  
Groups**

## Monday

### 10 - 11:30 am Therapeutic Process

This is a referral group designed to allow deeper processing for clients with emphasis on support from peers.

### 2 – 3 pm GRAND Group (Growing, Reaching, Achieving, Navigating, and Determine)

This is a referral group designed for those age 50 and older examining issues specific to this age demographic.

## Tuesday

### 9 – 11 am Cognitive Behavior Therapy (CBT-2)

A group to support anyone with anxiety and depression. This is a referral group for clients after they have finished CBT-O. It continues to build on practicing accurate stress analysis and reframing of thought distortions.

### 10 – 11 am Anger Management Group

This is a referral group designed to help the individual explore the cycle of anger and ways to express anger in a constructive fashion.

### 12 – 1 pm GLAD Group (Guiding your Life through Anxiety and Depression)

This referral group covers a multitude of topics related to management of depression and anxiety. Topics include stress management, goal setting, and coping with fear.

## Wednesday

### 8:30 - 10 am Early Recovery

This is a drop-in group for clients who are needing a high level of support to encourage abstinence. Early principles of recovery are explored such as recovery plans, high risks, and psychoeducation on stages of recovery. Contact our team regarding availability.

### 10 – 11 am Women's Trauma and Recovery Group

This is a referral group for women. Psychoeducation and support group guided by a curriculum covering a comprehensive array of topics focusing on trauma recovery, self-healing, building coping skills, and self.

### 2 – 3:30 pm Dynamic Expressions

This group aims at enhancing self-awareness, self-confidence, mental flexibility, and connection to self and others. Participants do not need to have an existing artistic skill set, but simply a willingness to engage in various opportunities for artistic expression and a reflective dialogue about the process of their work.

## Thursday

### 9 – 11 am Cognitive Behavior Therapy Outpatient (CBT-O)

This referral group uses an evidence based practice examining the connection between our thoughts, emotions, and actions. This group runs for four weeks. Once completed a client may refer to the CBT-2 group.

### 10 – 11 am Women's Trauma and Recovery Group and Empowerment

This is a referral group for women. Psychoeducation and support group guided by a curriculum covering a comprehensive array of topics focusing on trauma recovery, self-healing, building coping skills, and self.

### 1 - 2 pm Anxiety Group

This group uses evidence-based practices to discuss and support issues related to anxiety as well as it's physical components.

### 2 – 3 pm Men's PTSD Group

The goal of the Men's PTSD Group is to increase management of symptoms. This group is both supportive and psychoeducational.

## Friday

### 1 – 2:30 pm Grief, Loss, and Healing

This outpatient group will guide patients to explore their unique grieving process and offer and assist in building peer support as well as developing skills to rebuild their lives. The group therapy dynamics include the permission to grieve openly, gaining a sense of belonging and knowing that you are not alone, exploring ways of honoring your loved one.

### 2 – 3 pm Writing Group

A referral group that uses writing prompts to encourage creative expression to foster awareness and reflection.