

Connections

The Newsletter of the Connections Program

A Partnership between the Health District of Northern Larimer County and the Larimer Center for Mental Health

Resources for the Community



A Path with H'Art

A Path With H' Art, an art therapy based support group for people living with chronic and or serious illness will be offered at Hospice of Larimer County's Pathways Center beginning February 28, 2008 on Thursday afternoons from 2:30 – 4:30 p.m. This seven week group will provide opportunities for both verbal and nonverbal expression of issues related to living with illness, support from others, and the development of expanded coping strategies.

A contemplative approach to art making will be the focus of this group. Participants do not need any prior experience with art making; only a desire to engage their natural creativity and curiosity as a vehicle for further acceptance, insight, and well-being. The emphasis in contemplative art making is on the process itself rather than a finished art product. The group will be facilitated by two art therapists.

Fee is \$75.00 Pre-registration is required.

For More information or to register, please call Claire Waskom, LPC or Margaret Hartsook, MA at (970)663-3500 Pathways Programs for Grief and Loss, Hospice of Larimer County, 305 Carpenter Rd., Fort Collins, CO 80525.

Notice of Support Group Forming

A group is forming for persons who may have lingering sadness for a loss society will not acknowledge. It may be someone in extended family who loses a child because of a divorce. An established relation-

ship may suddenly end. It may be a grandparent or other relative who loses an expected child, relinquished at birth. No part in the decision and no permission to grieve is given.

To obtain more information or to register, please call Rosalie Angus, LCSW, at (970) 290-9140. There is no fee for this group.

We must have 5 calls of interest before the date and time of group will be established. Once we have enough interest, Rosalie will contact those 5 and set a time and place for the initial meeting.

Group: Women, Body Size, Self Esteem

This is a supportive, interactive motivational and educational group for plus size women. The focus is on improving self-esteem, self-acceptance and living an active fulfilling life as a larger person. (This is not a weight loss or eating disorder group.)

- When:** Group meets Wednesdays, Starting January 23, 2008 for 10 weeks
Time: 6:00 p.m. – 8:00 p.m.
Cost: \$250 (\$25 discount if paid in full prior to first group meeting).
Location: 19 Old Town Square, Fort Collins
Contact: Pre-registration is required. Registration deadline is January 21, 2008 by 5:00 p.m.

Contact Lillian Cozart, M.A. at (970) 419-8214 for more information or to register.



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We encourage you to submit short articles (50-500 words) on therapeutic approaches, mental health topics, case studies, or therapeutic book/movie reviews, etc., & will publish them as space allows. We reserve the right to edit all submissions.

Connections

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To view Connections Newsletter and the
Professional Bulletin Board online:
www.healthdistrict.org/connections

Connections is published 6 times/year. The purpose of *Connections* is to offer information on current therapy groups and services in the community; provide updates on services available through the Connections Program; and offer a place where information on community happenings of interest to mental health and human services providers can be shared.

Submissions are welcome. E-mail them to chusted@healthdistrict.org by the following deadlines:

NEXT EDITION: March/April 2008
Article Deadline: Feb 15, 2008

Submissions printed in *Connections* do not necessarily reflect the views of the Connections Program. Our editorial staff do not check the credentials of individuals wishing to submit groups or other listings. If you have concerns regarding credentials or other issues, please contact the group leader or author of the article directly. Thank you.

Educational Workshop on Trauma

Childhood trauma-Combat Trauma- Sexual Trauma— Workplace Trauma-Domestic Violence

Information and tools to cope for trauma survivors and their families

- Learn how to understand how what you experience now may be related to past trauma;
- Learn why your negative emotions and sometimes self-destructive behavior may be driven by biological changes in the brain caused by the trauma;
- Diminish reactivity
- Learn coping skills to decrease anxiety and develop better relationships

Topics include:

- What is post-traumatic stress disorder (PTSD)?
- The biology of PTSD
- Issues related to mood, grief and loss
- PTSD and sleep disorders, substance abuse and anger
- The impact of PTSD on relationships
- Guilt, shame and self-blame

Location: 1304 S. College Ave., #6
Fort Collins, CO

Facilitated by: Pamela Mumby, MSN, Adult Psychiatric Nurse

New classes will start as soon as there are enough people signed up. Call now to add your name to the list: (970)372-8117

For more information, visit www.streamsinthedesertllc.com.

Cinderella Wisdom-Five Secrets for Creating Your Dream Marriage in the Real World

Do you struggle with conflict or communication problems in your marriage? Do you long to be married but find yourself single? This course will teach women the five self-empowering principles for creating happiness and success in their current or future marriage relationships. Participants will also learn self-care techniques they can use right away to create greater peace and joy in their present or future marriage.

When: Saturday, January 19, 2008 from 10:00 a.m.—12:00 p.m.

Cost: \$30

Instructor: Debra Gordy, MS, MRET

Location: Senior Center
1200 Raintree Drive, Fort Collins

To Register: Contact the Fort Collins Senior Center
at (970) 416-2413

For more information contact Debra at (970) 226-8564 or email debra@debragordyms.com or visit www.debragordyms.com.

Resources for the Community

Learn How to Successfully Live with Bipolar Disorder

Announcement!

An eight-week class for persons with bipolar disorder or who have a family member or loved one with bipolar disorder.

Meets: Mondays at 7:00 p.m.

Location: 1304 S. College Ave., #6, Fort Collins

Cost: \$40 per class. If you have been diagnosed with bipolar disorder, this class is covered by insurance. There are discounts for advanced sign ups: \$120.00 for four classes or \$220 for eight classes paid in advance.

Facilitator: Pamela Mumby, MSN, Adult Psychiatric Nurse Practitioner

For more information or to register call (970) 372-8117 or go to www.streamsinthedesertllc.com and click on the side bar "Bipolar Class". Pre-registration is required.

Meditation for Health and Inner Guidance

A psych-educational class for persons who wish to augment their therapy by learning to meditate.

- Learn to relax
- Develop inner guidance
- Balance your emotions
- * Focus your mind
- * Better manage pain and physical symptoms
- * Improve your relationships

Time: Mondays, 4:30 to 5:40 p.m.

Location: 1304 S. College Ave., #6, Fort Collins

Cost: \$40 per week or \$120 per four classes or \$220 for 8 classes if paid in advance. Classes can be covered by insurance if you have a mental health diagnosis.

Instructor: Pamela Mumby, MSN, Adult Psychiatric Nurse Practitioner

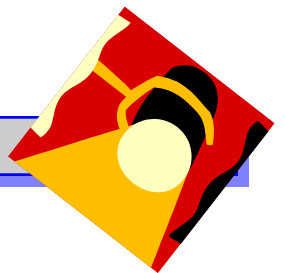
For more information or to register call (970) 372-8117 or visit www.streamsinthedesertllc.com.

Light of the Rockies Christian Counseling Center - January 2008 Groups

The following groups will be starting at the end of January 2008 or as soon as there is a group size of at least 7 participants.

- **Men's Sexual Integrity** (overcoming porn and "sexual addiction") - An 8-week education and support group.
- **Developing Boundaries with Children** - A 6-week educational and support group for parents.
- **Losing my Religion?** - An 8-week group experience for young adults struggling with identity, "Making Meaning" and being Christian in a contemporary culture.
- **Combating Depression** - An 8-week CBT Education and Support Group.
- **Managing Anxiety (and Phobias)** - An 8-week CBT Education and support group.

For more information or to register for any of these groups please call (970) 484-1735.



Resources for the Community

Change in Depression and Bipolar Support Group

The Suicide Resource Center would like to announce an important change to the Depression and Bipolar Support Group. Beginning in January 2008, we will offer this group **two times per month** instead of every week. Meetings will be from 6:30 –8:30 p.m., the first and third weeks of the month.

Location for the first week will be: Zion Lutheran Church, 815 E. 16th Street in Loveland. The location for the third week will be: Harmony Presbyterian, 400 E. Boardwalk in Fort Collins.

This is a free, drop-in peer support group for adults diagnosed with depression or bipolar disorder. For additional information contact Suicide Resource Center at (970) 635-9301 or visit www.suicideresourcecenter.org.

Making Healthy Choices in a Complex World: An Educational Support Group for Adolescent Girls (ages 15-18)

This is an 8-week educational support group for adolescent girls—ages 15 to 18.

When: Monday evenings from 7:00 p.m.-8:00 p.m. Beginning January 14, 2008 through March 3, 2008.

Structure: Psychoeducation, activities, video clips, individual reflection and group discussion.

Cost: \$25 per group (participants must attend all 8 groups unless special circumstances are approved by the facilitator).

Location: 353 West Drake, Fort Collins, CO 80526

Facilitator: Maura Dunn has a psychotherapy private practice and works part-time at a substance abuse treatment program. She has a Bachelor's degree in Human Development and Family Studies (HDFS) with a concentration in Adolescent Development, and has completed her coursework for a Master's Degree in HDFS with a concentration in Marriage and Family Therapy. Maura has extensive experience facilitating psychotherapy groups and working with adolescent girls.

Topics:

- Jan. 14—Getting to Know Ourselves and Each Other
- Jan. 21—Self-Esteem and Body Image
- Jan. 28—Friendships
- Feb. 4—Family
- Feb. 11—Romantic Relationships
- Feb. 18—Facing Pressure (Alcohol, Drugs, Sex...)
- Feb. 25—Group Chosen Topic
- March 3—Closing



If you are interested in signing up for the group or have any questions, please contact Maura Dunn at (970) 402-1843. Space is limited, so sign up soon!

• c o n n e c t i o n s •

mental health & substance abuse resources

525 W. Oak Street
Fort Collins, Colorado 80521



If you wish to be removed from the *Connections* mailing list, your address is wrong, or you would like to receive the publication via email, contact Carrie Husted at chusted@healthdistrict.org or call 970-494-4370.