

## FREE GROUPS DURING COVID-19



In this time of social distancing, we can still stay connected. These are **free virtual** groups, but registration required!

**All groups start the week of August 10th. Email counselor listed below group description to register.**

### CHILD & TEENS PROGRAMS

**LGBTQ Middle School Support Group:**

A facilitated peer support group, held in a positive environment, providing emotional and moral support for LGBTQ middle schoolers who are experiencing challenges at home, school, faith communities, or other life situations.

***Mondays, 7pm—8pm, Sharon Fu, LPC, [Sfu@sccnw.org](mailto:Sfu@sccnw.org)***

**Girls Empowering Girls:**

A facilitated peer support that focuses on issues relevant to girls in middle school, including self-esteem, social media, and healthy relationships.

***Tuesdays, 6pm-7pm, Dr. Stephanie Conforti, [DrStephanie@sccnw.org](mailto:DrStephanie@sccnw.org)***

**Back2School Group: Starting Strong within a New Normal:**

What once was, is no longer. While there is no normal to go back to, we will support one another as we adjust. This group will be a facilitated peer support for students to process various topics related to school amid changes due to Covid-19.

■ **Elementary School Students:**

*Tuesdays, 5pm-6pm, Dr. Stephanie Conforti, [DrStephanie@sccnw.org](mailto:DrStephanie@sccnw.org)*

■ **Middle School Students:**

*Thursdays, 5pm-6pm, Dr. Stephanie Conforti, [DrStephanie@sccnw.org](mailto:DrStephanie@sccnw.org)*

■ **High School Students:**

*Tuesdays, 7pm-8pm, Sharon Fu, LPC, [Sfu@sccnw.org](mailto:Sfu@sccnw.org)*

### ADULT PROGRAMS

**New Mom Support Group:**

Being a mom is tough, but you're not alone. Join us to connect with other new moms as you navigate this new phase of life in this facilitated peer support group. For moms of babies 0-12 months.

***Wednesdays, 8pm-9pm, Rachel Menge, LCSW, [Rmenge@sccnw.org](mailto:Rmenge@sccnw.org)***

**Parenting During Covid-19:**

Let's problem solve together using best practices for parenting strategies, enforcing behavioral compliance, and creating structure around the integration of work, parenting, and education. Stress management and self-care strategies for adults will also be explored.

***Wednesdays, 7pm. Dr. Melissa Katz, [Mkatz@sccnw.org](mailto:Mkatz@sccnw.org)***

**Leading by Example: Supporting Our Educators as they Return to School:**

We love and admire our teachers (especially now!) and we want to listen. This group pairs like-minded individuals together as we discuss the struggles and

frustrations with remote learning, maintaining relationships with students from a distance, and reflecting upon our own self worth and ability.

**Thursdays, 4pm, Dr. Stephanie Conforti, [DrStephanie@sccnw.org](mailto:DrStephanie@sccnw.org)**

**Mental Health Professionals Lunchtime Support Group:**

Take a virtual lunch break with other mental health professionals. Topics will vary based on the weekly needs of the group.

**Thursdays, 12pm—1pm, Rachel Menge, LCSW, [Rmenge@sccnw.org](mailto:Rmenge@sccnw.org)**

**Woman's Empowerment Wellness Workshop:**

A small group, 6-week workshop focusing on mind and body aspects of women's health and empowerment. Each session includes an interactive 30 minute wellness activity. For woman age 18+.

**Thursdays, 6:30pm— 8:00pm, Yolanda Kaczmarczyk, [Mkatz@sccnw.org](mailto:Mkatz@sccnw.org)**

**To Register:**

**E-mail the therapist running the group with your name and the group you would like to attend.**

**Additional registration information will be sent to you.**

**Children 12 and under require a parent's consent to participate.**

*Not seeing what you want? Have a group you'd enjoy that's not listed? We'd love your ideas, and you might see your group on our future offerings.*

*Ideas and Comments to:*

*Rachel M. Menge, LCSW, [Rmenge@sccnw.org](mailto:Rmenge@sccnw.org)*



[www.sccnw.org](http://www.sccnw.org)

All groups are conducted in secure, HIPAA-compliant, private Zoom spaces. We do not record or transcribe any sessions.

For more information contact: [Admin@sccnw.org](mailto:Admin@sccnw.org) or call 847-382-4673 ext. 310

**Samaritan Counseling Center of the Northwest Suburbs**  
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*"Hope, Help, and Healing through professional counseling"*

