



Weekly Group Counseling

Family Ark Mission:

Family Ark provides quality human service programs which promote positive change in the lives of children and families in the community we serve.



All Groups led by licensed & experienced therapists!

Family Ark seeks to provide open groups which are safe and an accepting space for all, to address the unique needs of each group.

TRANSitions

The Family Ark Behavioral Health Center is now offering, TRANSitions, a group for transgender and gender non-conforming youth. Some gender non-conforming adolescents experience significant distress, currently termed gender dysphoria.

Common presenting issues to be addressed:

- Depression
- Anxiety
- Suicide
- Family relationships
- Self-harm
- Substance use
- Disclosure or "Coming out"
- Bullying

Goals identified for the group:

- Support with gender identity and expression
- Developing self-esteem
- Developing healthy emotion management skills
- Social situation skills development
- Stress reduction

Ages: 13-18 years-old



Women Seeking Recovery

The Family Ark Behavioral Health Center is now offering, Women Seeking Recovery, a group for women with Substance Abuse treatment needs.

Common presenting issues to be addressed:

- Substance abuse or dependence
- Family relationships
- Self-worth
- Relationship between trauma history and substance abuse
- Co-occurring disorders, such as anxiety or depression

Goals identified for the group:

- Recovery and healing
- Relapse prevention
- Developing self-esteem
- Developing healthy emotion management skills
- Social situation skills development
- Stress reduction

Ages: 18+

You Are Not Alone

The Family Ark Behavioral Health Center is now offering, You Are Not Alone, a group for individuals who have a family member or other loved one with alcohol or other drug addictions.

Common presenting issues to be addressed:

- Chaos that effects the whole family
- Education and understanding of the disease
- Boundary setting
- Relationship difficulties
- Anger, anxiety, or depression

Goals identified for the group:

- Recovery and healing
- Symptom management
 - Anxiety or depression
- Developing healthy emotion management skills
 - Anger or grief
- Communication skills development
- Stress reduction

Ages: 18+

How do I join a group?

All Family Ark groups are private and confidential. Each participant must register and complete an initial assessment prior to their first group session. All groups are held on weeknights in the early evening at the Family Ark Behavioral Health Center.

For more information on Family Ark Weekly Group Counseling times and dates visit:

www.thefamilyark.org/groups

To schedule registration and assessment call:

812-284-1760

Family Ark Behavioral Health Center - 215 Rainbow Way, Jeffersonville, IN 47130 - 812.284.1760 - fabhc@thefamilyark.org - thefamilyark.org

All services are provided without regard to race, age, color, religion, sexual orientation, gender, gender identity, disability, national origin, ancestry, or status as a veteran.

