

### Group Treatment

Group	Facilitator	Description	Target Population	Website
<b>Men's Health Weekends of Recovery</b>	Matt Stella	2 or 3-day intensive groups for male survivors of sexual abuse	Male-identified survivors of sexual abuse	<a href="https://menhealing.org/">https://menhealing.org/</a>
<b>The Men's Story Project - Survivors' Healing Journeys</b>	Matt Stella	Free online events where survivors share some of their story in an empowering and supportive way, to connect with and support others. These are free and open to the public.	Male-identified survivors of sexual abuse	<a href="https://menhealing.org/resources-for-survivors/mens-story-project/">https://menhealing.org/resources-for-survivors/mens-story-project/</a>
<b>Men's Recovery &amp; Relapse Prevention Group</b>	Meghan Sasso	Members of this group will use it as a landing point, in conjunction with therapy, AA/NA to build social networks.	Male-identified individuals in recovery from drugs and alcohol	<a href="http://www.meghansasso.com">www.meghansasso.com</a>
<b>Separation/divorce group</b>	Janet Winocour	Starts in April (exact date to be determined). The group will meet from 6-7:30. 15 meetings structured with 70 minutes for conversation and support and the last 20 minutes on specific topics with discussion and handouts on subjects such as denial, sadness, anger and the need for nurturing	People of all genders struggling with feelings of abandonment, depression, loss of confidence, trust and self esteem due to the ending of their marriage/relationship.	More information: The group also includes additional supports: a question and answer with a divorce lawyer and accountant, a meeting with former divorce group members, a group acupuncture experience, an exercise to clarify and prioritize what is important and a meeting with a dating expert.
<b>Stress Management and the Practice of Mindfulness Meditation</b>	Denise Koelsch	On-line/zoom. Drawing from the work of Jon Kabat-Zinn, Insight Meditation and meditation from the yogic tradition called "pranayama," Denise Koelsch offers an Introductory Meditation Class and an 8 week Meditation Series.	All	<a href="http://www.being-whole.com">www.being-whole.com</a>
<b>Group treatment for Transgender and Gender Expansive individuals</b>	Lisa Dube	All groups are (60-minutes), focused on providing a safe space for transgender and gender-expansive individuals. Group format includes check-in and group discussions and exercises focused on the age and needs of the members. The cost for groups is \$30 per session, insurance is accepted and scholarships are available based upon need.	Multiple groups: Adolescent Group (age 14-17), Young Adult Group (Under age 30), Adult Group (age 30+), Parent groups (parents of transgender and neurodivergent children)	<a href="https://www.merrimackriverwellness.com/group">https://www.merrimackriverwellness.com/group</a>

Group	Contact information
<b>Men's Health Weekends of Recovery</b>	MattStella.licsw@comcast.net
<b>The Men's Story Project - Survivors' Healing Journeys</b>	MattStella.licsw@comcast.net
<b>Men's Recovery &amp; Relapse Prevention Group</b>	meghansasso@gmail.com
<b>Separation/divorce group</b>	jwinocour@gmail.com.
<b>Stress Management and the Practice of Mindfulness Meditation</b>	dkoelsch@comcast.net
<b>Group treatment for Transgender and Gender Expansive individuals</b>	ldubelicsw@comcast.net