

2025 Concord Counseling Group Schedule



<u>GROUP</u>	<u>DAY</u>	<u>TIME</u>	<u>HOST</u>	<u>LOCATION</u>	<u>RFL RQD</u> <i>*see below</i>
***Long Covid Chronic Illness Group	MONDAY	2:00 – 3:30 PM	Gail Ukockis	Virtual	SEE INSTRUCTIONS BELOW
**DBT (ongoing)	MONDAY	10:30 -12:00 PM	Lindsey Johnston	Virtual	x
**Anxiety Group	MONDAY	6:00 – 7:30 PM	Lindsey Johnston	Virtual	x
Stress Reduction Through Creativity	MONDAY	TBD	Lisa Clark	Concord	x
Senior Discussion Group	TUESDAY	1:30 – 2:30 PM	Lisa Clark	ZOOM (NEED EMAIL)	SEE INSTRUCTIONS BELOW
Writing Group	TUESDAY	1:00 – 2:30 PM	Gail Ukockis	Concord	x
**DBT	TUESDAY	2:30 – 4:00 PM	Lindsey Johnston	Concord	x
**Anxiety & Depression	WEDNESDAY	10:00 -11:30 AM	Gina Burdett	Concord	x
*Depression Group	WEDNESDAY	12:30 – 2:00 PM	Gail Ukockis	Concord	x
Managing Moods for Seniors	WEDNESDAY	TBD	Lindsey Johnston	Concord	x
***Voices Worth Hearing	WEDNESDAY	5:00 – 6:00 PM	Sarah Wunderlich	ZOOM (NEED EMAIL)	SEE INSTRUCTIONS BELOW
Voices Worth Hearing	WEDNESDAY	6:00 – 7:00 PM	Mike Preston	Concord	
Families In Touch	2 nd WEDNESDAY OF THE MONTH	6:00 – 7:00 PM	Emily Diehl	Concord	
***AOD	THURSDAY	6:00 – 7:30 PM	Barb Stokes	Virtual	x
BEYOND DEPRESSION	FRIDAY	1:00 – 2:30 PM Weekly for 16 weeks	Gina Burdett	Board Room	x

* Please schedule new clients for Depression or Stress Reduction Group through Barbara Blair-Karr (Ext 254)

**Please schedule new clients for AOD, DBT or Anxiety Group through Gina Burdett (Ext 238)

**To sign up for Long Covid Chronic Illness Group contact Gail Ukockis at 614-882-9338 ext. 301

To sign in for this group on Google Chrome at: <https://meet.goto.com/Gail/longcovid> DO NOT NEED TO BE A CLIENT FOR THIS GROUP

***Register for Zoom meeting for Voices Worth Hearing Group

at:https://us02web.zoom.us/meeting/register/tZEldOmgqDorGNa_iCDMzY1kGTXdIMS_gRiX#/registration