

Saint Anthony's Health Center Psychological Services Outpatient Counseling Center

815 East Fifth Street, Suite 101 | Alton, Illinois | 618-474-6240



Emotional and behavioral concerns can negatively impact a person's well being. In response, the professionals of Saint Anthony's Psychological Services are offering a series of therapeutic group sessions. The goal of this series is to help participants obtain greater life satisfaction.

Therapy Groups Now Forming **Group Topics Include:**

▶ **Feeling Good: Overcoming Depression and Anxiety**

Adult group focused on learning techniques to improve mood and decrease worry and stress.

▶ **Healthy Lifestyles**

Adult group centered upon establishing healthy habits. Topics include: exercise, nutrition, stress management, and life balance. Helpful to those who want to address: alcohol/drug use, anger issues, over-eating, spending, gambling, or other unhealthy behaviors.

▶ **Social Skills for Kids: Age 7-11**

Group designed to help kids learn positive social skills, appropriately interpret peer interactions and improve self esteem and self control. Fun activities will be a part of the process.

Depending upon the needs of the individual, the group format may be used as a single therapeutic intervention or as a supplement to ongoing individual and/or family therapy.

Starting in June 2011, each group will meet once per week, for a period of 8 weeks.

Please Join Us!

Psychological Services accepts reimbursement from most Insurance & Managed Care plans, Medicare, Medicaid & Self-Pay. Financial Assistance may also be available.

All Calls are Confidential • 618-474-6240



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