



12 Week Virtual Therapy Groups

General guidelines and referral instructions:

- You may only attend one group per day and not on the same day you see your individual provider.
- Clinicians will make group recommendations based on where they feel you would get the most benefit.
- You must remain in the same group for the full 12 weeks. Exceptions will be considered on an individual basis.
- You will meet with an assigned therapist three times during your 12 week admission to:
 - formalize the treatment plan initiated during intake and evaluation
 - review the treatment plan and progress, work on skills, and
 - close treatment and discuss discharge plan.
- Three (3) or more “no shows” may result in discharge prior to the end of 12 weeks.
- As indicated, each group runs for 12 weeks.

Northern Light Acadia Hospital welcomes and respects each individual’s culture, religious beliefs, race, ethnicity, gender identity, and sexual orientation.

Mental Health Group Offerings					
	Monday	Tuesday	Wednesday	Thursday	Friday
10 am	Codependency	Anger Management	Mindfulness	Co-Occuring	Anxiety
11 am	Therapeutic Process	Effective Communication	Emotion Regulation	Navigating Depression	Relationships

Substance Use Disorder Group Offerings					
	Monday	Tuesday	Wednesday	Thursday	Friday
1 pm		CBT for SA		New You	Recovery Education
2 pm	Owning It		Relapse Prevention		

Self referrals are accepted! Call 207.973.6048 to register.



Questions? Contact Ashley Monday through Friday, 7 am to 3:30 pm at 207.973.7770