

In addition to medication management, Adult Outpatient Services also provides individual therapy, couples counseling, family therapy, and group therapy.

Clients can request from current providers a referral for groups or call 207.973.6048. (Note: some may have a waitlist.)

Unless otherwise noted, all therapy groups in Adult Outpatient Services:

- Are available both in person and online so no matter where you live in Maine, you can participate.
- Have a “rolling admission”, meaning group members can start any time (but weekly attendance is expected.)
- Are “open ended” — group members can stay as long as it is therapeutically appropriate.
- Are held once per week.
- Are for adults ages 18+
- Can be billed to most insurances.

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

If you are currently a patient in Outpatient Services at Acadia Hospital, please let your nurse, clinician, and/or psychiatrist know that you are interested in learning more about individual, couples, family, or group therapy offerings.



**Adult Outpatient Therapy**  
268 Stillwater Avenue  
Bangor, ME 04401  
Phone: 207.973.6199 or 1.800.640.1211  
Fax: 207.973.6038  
[northernlighthealth.org/acadia](http://northernlighthealth.org/acadia)



**Northern Light**<sup>SM</sup>

Acadia Hospital

Adult Outpatient Services



**Adult Outpatient  
Therapy Groups**



IN PERSON AND VIA TELEHEALTH

## Monday

### 2 – 3 pm GRAND (Growing, Reaching, Achieving, Navigating, and Determine)

This is a referral group designed for those age 50 and older with mental health and substance use issues specific to this age demographic.

## Tuesday

### 10 – 11:30 am Anger Management

This is a referral group designed to help the individual explore the cycle of anger and ways to express anger in a constructive fashion.

### 1 – 2:30 pm GLAD (Guiding your Life through Anxiety and Depression)

This referral group covers a multitude of topics related to management of depression and anxiety. Topics include stress management, goal setting, and coping with fear.

## Wednesday

### 8 - 9 am RECOVER\* Together

Recover Together supports various stages of recovery, including those new to recovery, those engaging in a harm-reduction approach, as well as those with many years of recovery who may have co-occurring disorders, placing them at greater risk of relapse.

*\*RECOVER = Resilience, Education, Connection, taking Ownership and building accountability, finding Value in life, Empowering positive choices, and Reintegration into the social world.*

### 10 – 11:30 am Trauma, Recovery and Empowerment (Female and Gender Non-Binary)

This is a psychoeducation and support group focused on trauma recovery, self-healing, mindfulness meditation, building coping skills, and self-empowerment. Trauma informed yoga with an experienced yoga therapist is practiced once per month.

### 1 – 2:30 pm Dynamic Expression

This group enhances self-awareness, confidence, and mental flexibility through expressive therapy prompts using CBT, DBT, and ACT. Participants do not need to have an existing artistic skill set, but simply a willingness to engage in expressive therapies and a reflective, therapeutic dialogue about the process.

## Thursday

### 9 – 11 am Cognitive Behavior Therapy Outpatient (CBT-O)

This referral group uses an evidence-based practice examining the connection between our thoughts, emotions, and actions. This group runs for four weeks. Once completed a client may refer to the CBT-2 group.

### 9 – 10:30 am Expressive Empowerment (Female and Gender Non-Binary)

This group focuses on using creative expression to explore and reflect on issues related to self-empowerment in effort to deepen self-reflection and connect with others. Some of the topics covered include self-esteem, relationships, mental health, body image, and other relevant issues. Technical skills in creative approaches aren't needed to thrive in this group, only a willingness to explore various modalities.

### 1 - 2:30 pm Anxiety

This group uses evidence-based practices to discuss and support issues related to anxiety as well as its physical components.

### 2 – 3:30 pm PTSD (Male and Gender Non-Binary)

The goal of the PTSD Group is to increase management of symptoms. This group is both supportive and psychoeducational.

## Friday

### 10 – 11:30 am Writing

This therapy group uses writing prompts to encourage creative expression to foster awareness and reflection.

*Please note: gender non-binary / gender fluid participants are welcome to take part in the group in which they feel most comfortable.*