

# Counseling Support Group Schedule 2021

Our Counseling services are offered for caregivers and existing individual senior clients through a variety of programs that include opportunities to meet with a counselor individually and attend support groups. Individual and Support Groups are offered in person in Plano, McKinney and Wylie Senior Rec Centers at this time. Open attendance support groups are also available via Zoom. All appointments may be scheduled by calling our Plano office at 972-953-7669.

**Individual Counseling:** A licensed therapist offers one-on-one counseling designed to meet the unique needs of seniors age 55+, caregivers and their family members who are experiencing issues of transition, loss, adjustment, anxiety depression, caregiving stress and other mental health concerns. We do not provide medication management.

**Monday Coping Groups:** Each Monday group is designed for specific areas of mental health and coping challenges. Participants must meet with Counselor prior to attending the assigned group.

**Caregiver Counseling and Group Support:** Individual counseling and facilitated support groups are available for individuals who care for an individual 60+ with Alzheimer's or brain disorder, or is a caregiver 55+ years who lives and cares for children under 18 or an adult loved one with severe disabilities defined as "mental or physical impairment, or a combination of impairments that are likely to continue indefinitely and result in substantial functional limitations".



*Monday Coping	Tuesday	Wednesday	Thursday
<b>*1st Monday Coping Group</b> Adjustment, Transition and Anxiety 3-4:00pm	<b>PM Zoomers</b> 3rd Tuesday each month Via Zoom 6:30-7:30pm	<b>*Caregiver Circle 1</b> Wednesdays 10-11:00am	<b>*Caregiver Circle 3</b> McKinney Senior Center 10-11:00am
<b>*2nd Monday Coping Group</b> Mental Health Diagnosis 3-4:00pm		<b>*Caregiver Grief</b> Wednesdays 11:00am—12:30	<b>*Caregiver Circle 4</b> Wylie Senior Center 2:30-3:30pm
<b>*3rd Monday Coping Group</b> Stress & Relationships 3-4:00pm		<b>Boomer Zoomers</b> 2nd Wednesday each month Via Zoom: 1:30-2:30pm	
<b>*4th Monday Coping Group</b> PWD Coping Group (early stage memory loss and mild cognitive impairment) 3-4pm		<b>*Caregiver Circle 2</b> Wednesdays 3-4pm	

**Zoomers groups:** Open to public to attend, no prior meeting with the Counselor required. Please provide email if interested in attending so that Zoom invite and details can be sent.

**Monday Mental Health Coping Groups:** Must have individual meeting with Counselor prior to attendance.

**Caregiver Circles:** These are closed-directed groups. Must meet with Counselor prior to attendance.



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