

GROUP SCHEDULE

Call 708-209-4181 for more information or to schedule an outpatient assessment.
Call 708-209-4145 for the Outpatient Clinic or more information on Medication Management Groups.

MONDAY

Grief & Loss Group
Adults Ages 18+
6:00-7:00 pm

**Pediatric Medication
Management Walk-in Clinic**
Ages 5-12
4:00-5:30 pm

TUESDAY

Art Therapy
Adults Ages 18+
6:00-7:30 pm

**Stress Management
& Anxiety Group**
Adults Ages 18+
5:00-6:00 pm



WEDNESDAY

**Pediatric ADHD/
Coping Skills**
Ages 8-12
5:00-6:00 pm

THURSDAY

**Processing Group
For Adolescents**
Ages 13-17
5:30-6:30 pm

**Common Connect
(Check-in & Social Support)**
Adults Ages 18+
9:00-10:30 am

**Through a New Lens
(Health Education & Skills Development)**
Adults Ages 18+
11:30 am-1:00 pm

**MISSION Reconnect
(Veterans Therapy Group)**
Adults Ages 18+
2:00-3:30 pm

**Medication Management
Walk-in Clinic**
Teen & Adult
Ages 13-17, 18+
Teen 4:00-5:30 pm
Adult 2:00-4:30 pm



FRIDAY

**Common Connect
(Check-in & Social Support)**
Adults Ages 18+
9:00-10:30 am

**Through a New Lens
(Health Education & Skills Development)**
Adults Ages 18+
11:30 am-1:00 pm

**Healing Together
After Discharge
(Discharge Group)**
2:00-3:30 pm

**Medication Management
Walk-in Clinic**
Adults Ages 18+
9:00 am-2:00 pm

SATURDAY

**Adolescents
Dealing with Life Issues**
Ages 12-14
10:00 -11:00 am
Ages 15-17
11:00 am-12:00 pm

**Common Connect
(Check-in & Social Support)**
Adults Ages 18+
9:00-10:30 am

**Through a New Lens
(Health Education & Skills Development)**
Adults Ages 18+
11:30 am-1:00 pm

**Healing Together
After Discharge
(Discharge Group – Ages 18 and Under
with Guardian)**
2:00-3:30 pm



GROUP SCHEDULE

Call 708-209-4181 for more information or to schedule an outpatient assessment.

Common Connection - Support Group for Adults Living with Acute and Chronic Mental Health Needs

This is a mutual support group for mental health-oriented individuals seeking meaningful social interaction, information sharing, and problem solving. This group takes shape as a nurturing and accepting dialogue among fellow group members who want to learn from each other, listen and be listened to with acceptance and empathy. Walk-in participants are welcome to attend.

Through a New Lens - Whole Health Education and Skills Development Group for Adults

This is a facilitator-led education group focusing on a scheduled health topic or skills development topic each week. The group's aim is to empower participants with relevant learning, informational resources and current strategies for understanding and making changes for individual health promotion and quality of life enhancement.

Healing Together - A Group for Families or Individuals Who Have Recently Completed Our Inpatient Behavioral Health Program

You or a loved one has been discharged from inpatient hospitalization. What happens next? Person-centered transition of care considerations are addressed in this facilitator-led group discussion. Upon completion of this group, participants can verbalize understanding of their discharge plans, self-care responsibilities and treatment schedules including medications.

Mission Reconnect - Support Group for Military Veterans in the Community

This group is open to any U.S. armed forces veteran who seeks mental health and social support from and among fellow veterans in a welcoming, private-sector outpatient setting. Clinicians at Riveredge Hospital are committed to serving our diverse communities and creating ongoing therapeutic connections. We are here to serve those who served with attentive and compassionate mental health care. All military branches and services welcome.

Grief and Loss Support Group

This group can help adults who have lost a loved one. They can engage in discussing their grief process.

Processing Group for Adolescents Ages 13-17

This process groups allows adolescents an opportunity to share their struggles and concerns with trained clinicians and peers to receive support and feedback.

Stress & Anxiety Management

This group teaches techniques and strategies to reduce stress levels and anxiety, prevent stress or cope with situations or events that could lead to increased stress and anxiety.



Trauma-informed care. Patient-centered treatment.
For more information, scan this QR code with your phone's camera:



FAQs

- Call 708-209-4181 to discuss contracted insurance plans.
- All groups have open enrollment.
- All comprehensive outpatient assessments will be billed to insurance.
- Medication Management groups are co-led by psychiatrist/advanced practice nurse.