



Group Offerings

Call our Intake Team (502-709-0410) or email our Group Coordinator, Courtney Morgan, LPCC (courtneymorgan@protonmail.com) to reserve your spot today!

(All Groups meet at our Lyndon Office unless otherwise stated)

[Child Group](#)

[Teen Group](#)

[Adult Group](#)

[Parent Group](#)

June 2023

Social Skills Groups (Ages 8-10, 11-13, and 14-17)

Facilitated by Leigh Bates, LPAT, LPCC & Co-Facilitators

Kids Group (Ages 8-10): Mondays from 4:30PM - 6:00PM beginning June 5th - June 26th

Tweens Group (Ages 11-13): Tuesdays from 4:30PM - 6:00PM beginning June 6th - June 27th

Teens Group (Ages 14-17): Wednesdays from 4:30PM - 6:00PM beginning June 7th - June 28th

\$75 per 75 minute group session

Group members will gain social skills and confidence in new social situations and make healthy connections with like-minded peers within this four week group. Our Social Skills Groups are led by a Certified AutPlay Therapist and are highly effective for neurodivergent individuals or individuals experiencing social anxiety or challenging social behaviors.

Life After Divorce

Facilitated by Meaghan Rankin, MAMFT

Tuesdays from 9:30am-10:30 am beginning June 6th through July 25th

\$60 per 60 minute group session

Divorce is often a difficult and overwhelming experience, with emotional, financial, and practical challenges to overcome. Our therapy group, Life After Divorce, provides a safe and nonjudgmental space for individuals to connect with others who are going through similar experiences, share their stories, and receive support and encouragement as they rebuild their lives. By participating in this therapy group, individuals will gain valuable insights and tools to help them move forward with confidence and resilience after divorce.

Parent University Class (Part One)

Facilitated by Meaghan Rankin, MAMFT & Tiffany Keith, MAMFT

June 13th and June 27th from 7pm-8:30pm

\$90 per person; \$30 per accompanying individual

Hosted at Louisville Seminary, 1044 Alta Vista Rd., Nelson Hall, Rm. 119

Parent University is a continuation of the Positive Parenting Workshop and designed for parents seeking additional support in implementing positive discipline strategies at home. Parents will learn and practice new strategies rooted in kindness, firmness, and consistency while receiving feedback from other parents and clinicians certified in Positive Discipline curriculum. *Part One will include topics such as misbehaviors, conflict and defiance, and sibling rivalry.*

July 2023

Parent University Class (Part Two)

Facilitated by Meaghan Rankin, MAMFT & Nora Gardner, LCSW

July 11th and June 25th from 7pm-8:30pm

\$90 per person; \$30 per accompanying individual

Hosted at Louisville Seminary, 1044 Alta Vista Rd., Nelson Hall, Rm. 119

Parent University is a continuation of the Positive Parenting Workshop and designed for parents seeking additional support in implementing positive discipline strategies at home. Parents will learn and practice new strategies rooted in kindness, firmness, and consistency while receiving feedback from other parents and clinicians certified in Positive Discipline curriculum. *Part Two will cover concepts such as establishing structure in the home, creating routines, and empowering versus enabling.*

Coming up...

Grow - Teen Group (Ages 15-17)

Facilitated by Courtney Morgan, LPCA & Allison Drogin, Student Counseling Intern

Grow - Teen Group is intended for teenagers experiencing low self-esteem, negative self-image, difficulty managing challenging emotions or stressors, lack of social support, or feelings of hopelessness. This eight-week group will include implementing self-compassion to mitigate shame, increased self-awareness to challenge negative internal narratives, the concept of neuroplasticity to instill hope, and interpersonal effectiveness to promote healthy relationships. Teens will experience positive connection with peers within this inclusive therapy group.

More Groups Coming Soon!