

Radical Recovery

(Adult Co-Ed)

A group aimed at breaking the cycle of addiction through the use of proven techniques, interventions, and skill-building processes. The group will run for approximately 6 months, with the first 12 sessions consisting of psychoeducation.

Teen Girls Process Group

(Teen Females Ages 13-15)

A group designed to help young teenage girls deal with the changes that occur during adolescence. The young ladies who are a part of this group will explore topics such as assertiveness, dealing with parents, healthy relationship boundaries, and character development. This group will run from 3 to 6 months, depending on the needs of the individuals in the group.

Body Image Group

(Teen Females Ages 15-17)

The pressure that teens feel to be accepted by their peers and fit into a specific “mold” is ever-increasing. Without an awareness and appreciation for individuality, the pressures of adolescence may potentially lead to low self-esteem, poor body image, and sometimes eating disorders. This group is specifically designed to help young ladies develop a healthy perception of self and to gain confidence in who they are and what they are becoming. The group will be approximately 8-12 sessions in length.

Divorce Recovery

(Adult Co-ed)

A support group for individuals dealing with the pain and changes brought forth from divorce. The facilitator will aid in the processes of discussion, and support, grief, loss, and anger management, and emotional healing.

Licenses and Certifications

- ◆ Licensed Professional Counselors
- ◆ Nationally Certified Counselors
- ◆ Members of the Association for Specialists in Group Work (ASGW) and the American Group Psychotherapy Association (AGPA)
- ◆ Trained clinicians with experience in individual, group, and family therapy.



General Information:

ProActive Management Consulting, LLC
Counseling and Advocacy Services Division

2700 Cumberland Parkway, Suite 120

Atlanta, GA 30339

Main Office: 770-319-7468

Fax Referrals to: 1-866-416-1767

www.proactive-management.com/groups

Questions or Concerns?

Contact:

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ProActive Management Consulting, LLC
Counseling and Advocacy Services

Group Counseling, Psychoeducational, and Support Programs



Approved Provider:

Georgia Department of
Human Resources

“Change is Possible,
Growth is Possible,
Success is Possible . . .
One Step at a Time”

Group Programs

GROUP INFORMATION

**For additional information about group topics, times, dates, demographics, fees and scheduling, please visit our website or call the office. Contact information is located on the rear panel.

Mind over Matters (Depression)

(Adult Co-ed -12 Sessions)

A Cognitive Behavioral Therapy Group for the treatment of Depression. The goal of the group will be to gain more knowledge, insight, and control over what has an effect on depression. The twelve week group will be divided into three, four week sections, with 90 minute sessions. The first four weeks will focus on how thoughts affect our mood. The second four week period will focus on how our activities and actions affect our mood. The last four weeks will focus on how our interactions with others affect our mood. Therapy will be aimed at breaking the cycles that cause depression.

Under Control (Anger Management)

(Adult co-ed - 12 sessions)

(Teen co-ed - 12 sessions)

A Cognitive Behavioral Therapy Group for dealing with anger. The twelve group sessions will focus on learning how to identify and manage stressors and anger triggers, restructuring thought processes that contribute to anger outbursts, discovering how the past can influence present behavior, and developing alternatives for expressing anger.

Cycle-Busters (Breaking Unhealthy Patterns in Life)

(Adult Co-ed)

A process group for adults aimed at recognizing and breaking unhealthy patterns in life. The process group will run for approximately 3 to 6 months.

Cooperative Parenting

(Parents –12 sessions)

A psychoeducational group focusing on cooperative parenting during and after divorce (Learning how to be co-parent superstars even when you can't stand each other). The twelve sessions will focus on family systems, creating a positive environment for your kids, reforming the parental dyad, identifying the impact of grief, anger, loss of control, fear and guilt, techniques for diffusing anger and conflicts, and establishing appropriate and effective boundaries

Overcoming Low Self-Esteem (2 groups)

(12 sessions Adult co-ed)

(12 sessions ages 14-17 co-ed)

A 12 week, psychoeducational group aimed at discovering the roots of Low Self-Esteem (LSE), recognizing the impact of LSE in your life, identifying and dealing with specific triggers and reactions to LSE, understanding how LSE perpetuates cycles of self-defeat, identifying areas for change, and developing new strategies to overcome LSE.

Pre-Marital (Developing a Foundation for Marriage)

(Adult, Engaged Couples)

A group for engaged couples aimed at building a strong foundation for a lasting marriage. Couples will explore topics such as compatibility, divorce-proofing your marriage, identifying your partner's needs, effective communication, developing appropriate expectations, creating positive financial patterns, healthy intimacy, and much more.

Cancer Support

(Adult Co-ed)

A support group for individuals who are either personally dealing with cancer, or have a close family member or friend who has been affected by cancer. This is an open group, consisting of 90 minute sessions.

Adopting Parents

(Adult Co-ed)

The adoption process can be a very difficult, yet rewarding process. This group is for those individuals who are either in the process of adopting or for those considering adoption and seeking support and resource information from others.

Grief and Loss Support

(Adult Co-ed)

One of the most helpful aids an individual can have when dealing with the loss of a loved one is the knowledge that they are not alone. Emotional pain is very real and everyone moves through the process of grief at their own pace and in their own manner. This group will meet any where from 3 to 6 months, depending on individual needs, and will serve as a support network for those striving to deal with the pain of loss.

Man– Up (Teen Males Ages 11-15)

A 12-15 session group for adolescent males focusing on character development, life skills, and creating what it takes to become a healthy, functional, young man.

Sista-Talk (Teen Females Ages 11-15)

A 12-15 session group for adolescent females focusing on character development, life skills, and creating what it takes to become a healthy, functional, young woman

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