

Mariposa Women and Family Center

Calendar for February, 2012

Therapy Groups

Pre-registration required (714) 547-6494;

\$15 cash or credit per session.

By: Mariposa Staff Unless Otherwise Noted.

◆ For Adults ◆

Focus on Women's Anger: Series starting Feb.27, Monday 10am-12pm or 7-9pm. 10-week series. Must have an individual counselor. Call ext. 301 for information and interview.

Men's Support Group: Wednesday 7-8:30pm. By: Mike Meador, MS, LMFT, M.Div., ext. 329

Women's Domestic Abuse Group: Support and education for women with past partner abuse. Morning and evening groups available. Call ext. 402 for more information.

Finding Peace After Chaos: Process group for survivors of domestic abuse. Call ext. 504 for more information.

Women's Sexual Abuse Survivor Support Group: Thursday 6-7:30pm 16-week sessions. Process group for survivors of sexual abuse. \$15 Intake session required before beginning group. Call ext. 308 for more information.

Nurturing Our Inner Resources of Gratitude and Hope: Monday 5:30-7pm. Develop and cultivate positive emotions for well being. By: Mike Meador, MS, LMFT, M.Div., ext. 329.

Making Peace with Anxiety and Worry
Monday or Tuesday 5:00-7pm. Call ext. 301 for more information.

Creative Expressions: Friday 10-11:30am a 12-week series uses art, music and movement to build self-esteem and reduce stress.

✂ Grupos en Español ✂

Rompiendo Cadenas (Breaking Chains): Lunes 6-8 pm. Modulo de doce sesiones. Grupo educacional para mujeres que se encuentran en relaciones abusivas. Para mas información, por favor llame ext. 518.

Amandome A Mi Misma (Loving Myself): Martes 6-8 pm. Grupo de apoyo para mujeres que han experimentado abuso en sus relaciones personales. Para mas información, por favor llame ext. 518.

Expresiones Creativas: Martes 4:30-6:00pm. Un grupo donde aumentara su auto estima y procesará experiencias en una manera creativa. Para mas información, por favor llame ext. 403.

Parenting Classes

Pre-registration required (714) 547-6494.

Parenting of Children 2 to 12: Tuesday or Thursday 6-8pm.

Parenting of Teens 13 to 17: Thursday 6-8pm.

12 sessions (Court approved) \$15 intake session required before beginning class. Class fees: \$15 each for individuals, \$25 each for couples. OR, pay in advance for all 12 sessions: \$150 for individuals and \$250 for couples. Includes all materials.

Clases de Padres para adolescentes
Comenzado pronto, llame al ext. 331 para mas informacion.

Clases para Padres de ninos
Comienza el lunes 9 de enero, llame al ext. 331 para mas informacion.

✂ Special Needs Support ✂

Special Parents, Special Kids
An 8 week support group for parents of special needs children. Call ext 603 for more information.

Bereavement Groups

Pre-registration required (714) 547-6494, ext. 329.

\$15 cash/credit per session.

By: Mike Meador, MS, LMFT, M.Div.

Loss of an Adult Child: Monday 7-9pm. For parents grieving the death of an adult child.

When Grief Becomes Difficult: Tuesdays 7-9pm. For those feeling "stuck" or who are dealing with difficult or sudden deaths.

Spouse Loss Group: Wednesday 1-3 p.m. For those grieving the loss of a spouse.

Loss of a Young Spouse: Thursday 5:30-7pm. For those who have lost a spouse 55 years old or younger.

Grieving Separation and Divorce: Saturday, 10:30am.-12 noon. A support group for adults who are dealing with a difficult separation or divorce

Individual - Couples - Children and Family Counseling

Mariposa provides professional counseling for individuals, couples, children and families. Fees are based on income after payment of a \$30 intake fee. Free childcare available, **reservation required.**

Childcare

We do provide free childcare to those who attend services at Mariposa. Space is limited, you **MUST** sign your child up 24hrs prior to appointment time. If your child is not signed up there is no guarantee we can accommodate him/her. Call 714-547-6494 to sign your child up!

Women's & Adolescent Substance Abuse Program

4-Month Outpatient Program

This program has 16 weeks of alcohol and drug education and relapse prevention, 16 weeks of process group, and 4 individual counseling sessions for adults. Fees are based on income. Free childcare available. Intakes are done on Tuesday and Thursday, please call (714) 547-6494 for a detailed schedule and an interview.

Women's Aftercare Program

After 4-month outpatient program at Mariposa. Aftercare is up to 6 months of treatment & includes a minimum of 2 services per month. \$15 per group/session.

Women's Extended Care Program

This program is designed for women who have completed a minimum of 30 days in a residential treatment facility or intensive outpatient program within the past 3 months.

Pre-registration required for all groups & programs.

Please call 714-547-6494 for additional information.

**** Free childcare provided (reservation required)**

Adolescent Girls Substance Abuse Program

This is a 4-month program for adolescent girls and their families. Offers 16 week alcohol and drug abuse education classes for entire family, 16 Parent process groups, sixteen week adolescent process groups twice a week, 16 week Family group & individual counseling and Family Counseling Available. Fee is \$75 a day plus additional fee for individual/family sessions. (Groups are 3 nights a week = \$225 per week)

● SAT GROUPS ●

Beyond Trauma

Monday 6:30pm-8:30pm. This has a psycho-educational component that teaches women what trauma is, its process, and its impact on both the inner self and the outer self. Open enrollment, 16 week series, \$20 per group plus \$20 per book.

Seeking Safety

Monday 4pm-6pm. This is a present-focused therapy group to help people attain safety from trauma/PTSD and substance abuse (relationships, thinking, behavior, and emotions). \$20 per group.

Workshops and Special Groups

Twelve Step Group Meetings at Mariposa

AA Early Birds Meeting: Every morning 7-8:15 am, Room 16

Socializing Anxiety Anon.: Tuesday 6-7 pm, Room 14

Codependents Anonymous: Sunday 3-4:30 pm, Room 14

Marijuana Anonymous: Friday 7:30-9 pm, Room 16

Chapman Young People AA: Sunday 7-8:30 pm, Room 16

Debtors Anonymous: Friday 7:30-9 pm, Room 14 and
Saturday 8:30-10 am, Room 16

AA Men's Meeting (C): Thursday 7-8pm, Room 28

AA Winners Circle Meeting: Saturday 6-7:30pm, Room 16

Bereavement Certification & CEU Training Program

Working with Children Adolescents and Families

Seminar V February 14, 2012

Using the 'Unconscious' for Health & Healing

A lecture series by Mike Meador, M.Div., MFT

Reaction, Response and Choice

Wednesday, February 1, 2012



Partnering with Orange County United



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www.mariposacenter.org