**MIOA Group Therapy Schedule**

**Prevention and Wellness Planning, Facilitator: Sarah Newman, MSW, QMHP**

**Location:** 408 E Vine Street, Vienna, IL 62995  
**First session:** Thursdays 4:00pm -6:00pm September 3, 10, 17, 24 and Oct 1  
**Second Session:** Thursdays 4:00pm-6:00 pm October 22, 29 and November 5, 12, 19  
**Prevention & Wellness group will provide clients with education and skills to identify relapse prevention tools, support systems, symptom triggers, symptoms management and wellness tools for daily living.

**Self Esteem Building, Facilitator: Lynn D'Angelo, QMHP, MS**

**Location:** Garden Apartments, 709 N 6th St, Vienna, IL 62995  
**First session:** Wednesday 10:00am-12.00pm September 2, 9, 16, 23, 30  
**Second Session:** Thursday 10:00am–12:00pm October 1, 8, 15, 22, 29  
**Self esteem building will address core beliefs, values, and focus on increasing clients awareness and choice in negative beliefs leading to low self esteem to encourage change.

**Anger Management, Facilitator: Pam Rusher, MHP, BSW**

**Location:** Hardin County Office, RR1 Box 99A (Job Corp Rd. towards San Damiano/Job Corp)  
**Session:** Tuesdays 9:30am-11:30 am September 15, 22, 29 and October 6, 13  
***Anger management will offer skills to assist in controlling physical and psychological affects of anger, while addressing and developing positive ways to manage and express ones anger.

**Mindfulness to Combat Mental Illness Facilitator: Nancy Price, QMHP**

**Location:** Johnson County Office, 408 W. Vine Vienna, IL 62995  
**First Session:** Wednesday, 10am-12:00 pm September 1, 8, 15, 22, 29  
**Second Session:** Wednesday, 10:00am–12:00pm October 1, 8, 15, 22, 29  
**This group will use mindfulness and positive thoughts to challenge negative thoughts and address changing personal thought process to a positive outlook in order to change perception and behavior when managing negative symptoms to mental illness.

**Reminiscence Group Therapy, Facilitator: Mallory Hartman, MHP, BS**

**Location:** Autumn Ridge Supportive Living, 1000 Galeener St, Vienna, IL 62995  
**First Session:** Monday 9:00am-11:00am September 14, 21, 28 and October 5, 12  
**Second Session:** Monday 9:00am-11:00am October 19, 26, and November 2, 9, 16  
**This group will be aimed to motivate participants to recall and discuss past events which have contributed to self development and self identity to increase positive thoughts.

**Anger Management, Facilitator: Amy Johnson, MHP, BS**

**Location:** Johnson County 408 E. Vine Street Vienna Illinois  
**First Session:** Monday 3:30pm- 5:30pm September 14, 21, 28 , October 5, 12  
**Second Session:** Monday 3:30p-5:30pm October 19, 26 and November 2,9,16  
***Anger management will offer skills to assist in controlling physical and psychological affects of anger, while addressing and developing positive ways to manage and express ones anger.

**Deadline to Enroll: Current Clients: August 28 New Clients: August 21**

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Call 618-658-2611 and a receptionist will take your information. Once your referral is accepted, you will be contacted with a start date and location. An intake appointment must be scheduled and completed before the first session begins.

**There is no cost for Individuals who have Medicaid.**  
**Private pay individuals who do not have Medicaid will pay the following:**  
- $196.00 initially  
- $20.00 per session thereafter (5 sessions in series, each session 2 hours in length)  
- Total: $296.00  
Some clients who have Medicare or Insurance may qualify for a discounted rate. Please call to see if you qualify.  
Private pay clients must pay prior to delivery of service.