LINDNER CENTER OF HOPE

Therapy and Support Services

The following groups and therapy sessions meet regularly at Lindner Center of Hope or virtually. All persons attending, except staff and current inpatients, must check in at the Welcome Center.
Individual dates are listed on the events page on our website at www.lindnercenterofhope.org.

Aging With Connection

A weekly psychoeducational and skills-building group designated to help older adults navigate the changes of aging with greater confidence, purpose, resilience, and community. Rather than focusing solely on socialization, group members will learn practical skills and gain resources for navigating this stage of life. Connection and community are built naturally along the way.
Location: Via Zoom
Dates/Times: Tuesdays at 11 am (beginning Oct. 6th)
Contact: Tiffany Bryant at tiffany.bryant@lindnercenter.org

Body Image Group

10 week (includes commitment session) CBT group focusing on body image awareness, coping with triggers, and learning self and body acceptance. Will include media awareness and mirror work.
Intended For: Age 18 or above. Engaged in outpatient treatment at least monthly. Struggles with body image most days. Not imminently a threat to self or others. Clinician agrees to this referral and to maintain part of treatment throughout group.
Location: Via Zoom Maximum Number of Participants: 6-8
Dates/Times: Thursdays from 4-5:30 pm
Contact: Jenny King, 513-536-0606

Chronic Illness Psychotherapy Group for Adults

This group provides an opportunity to connect with others living with a chronic illness while learning skills to not only cope with chronic illness but invest in a life worth living in the body you have. The group will focus on processing struggles related to living with chronic illness for adults as well as DBT skills and principles of self-compassion to cope with the reality of living with chronic illness in a world that often doesn't understand.
Location: Via Zoom
Dates/Times: Wednesdays from 1-2pm every other week
Contact: michaela.little@lindnercenter.org

DARTT - Developmental and Relational Trauma Therapy

This 7-week group will focus on learning more about how childhood trauma affects us as adults and to connect with others who have similar experiences. Childhood trauma comes in all kinds of forms, including continual neglect, constant invalidation, regularly experiencing harsh criticism, and/or physical, emotional, or mental abuse. Intended For: Those age 18 and above engaged in outpatient treatment at least monthly, those who struggle with low self-worth, negative self-talk, difficulty setting boundaries, people-pleasing behaviors, and/or perfectionism, not imminently a threat to self or others. This Co-ed group is open for patients with a variety of diagnoses.
Location: Via Zoom Maximum Number of Participants: 12
Dates & Times: Tuesdays from 4-5pm
Contact: Jenny King, 513-536-0606

D.A.T.E.S - Dating, Attachment, Trauma Bonds, Emotional Regulation and Sexuality

This weekly, 60-minute group is designed for women who feel stuck in repetitive and/or unhealthy dating and relationship patterns. Participants will gain insight into their relational patterns and explore the role that dating experiences, attachment, trauma bonds, emotional regulation, and sexuality play in developing and maintaining intimate relationships.
Through guided discussions, reflective exercises, psychoeducation, and practical skill building, participants will explore topics including intimacy, sexual self-concept, desire, consent, sexual and emotional boundaries, communication, body image, sexual values, and relational and sexual agency. Participants will also examine how past experiences and societal messages may influence their understanding of sexuality, intimacy, and relationships.
The group aims to strengthen self-regulation, self-worth, sexual and relational agency, communication skills, and the development of healthier relationship standards. The group will have rolling enrollment, and no materials are required beforehand.
Location: Via Zoom
Dates & Times: Tuesdays at 5:30pm
Contact: Tiffany Bryant at tiffany.bryant@lindnercenter.org

Groups are subject to change. Please call prior to confirm.

Dialectical Behavioral Therapy (DBT) Skills Group for Adults & Adolescents - Virtual or in person

Dialectical Behavioral Therapy (DBT) is geared toward individuals who experience difficulty regulating their emotions, tolerating distress, and having healthy interpersonal relationships. DBT has four skills modules: Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness to help address these areas of difficulty. It balances the need for the person to make changes along with respect for how painful life is for them. This group is open for patients with a variety of diagnoses.
Location: Via Zoom
Dates/Times: Mondays at 9 am*, Tuesdays – 4 pm, Wednesdays – 3 pm* and 7 pm (Adult); Wednesdays at 6pm for Graduates (Via Zoom);

Location: Lindner Center of Hope - Waterstone location (One Waterstone Place 9435 Waterstone Blvd, Cincinnati, OH, 45249) Maximum Number of Participants: 10
Dates/Times: Monday nights at 6 pm and Wednesdays at 4pm
In-person DBT group This will be co-ed, so all adults are welcome.

Location: Lindner Center of Hope(Mason location)
Dates/Times: Thursdays at 4pm in-person at Lindner Center of Hope Adolescents in high school (possibly mature 8th graders)
Contact: Jenny King, 513-536-0606

Divorce Support Group

This group provides an opportunity to transform your life if you are going through a divorce. Divorce can be an opportunity to leave your old way of life and enter a new way. This group will help change the cultural paradigm of divorce, seeing it as an opportunity rather than a failure or cause for despair. It is time to change the paradigm, considering a successful marriage one which encourages growth rather than simply a long-standing one.
Location: Via Zoom Maximum Number of Participants: 10
Dates/Times: Tuesday evenings, 5:00-6:00 pm
Contact: Jenny King, 513-536-0606

Eating Disorders Family Support Groups

Harold C. Schott Eating Disorder Program Introduction into Eating Disorders / Caring for the Carers: Eating Disorder Support Circle

This group is focused on providing basic information about eating disorders and how to support a loved one through recovery. The group follows a structured curriculum providing psychological, nutritional, and medical information about eating disorders and discussions of treatment protocols. After completing the 4-week introduction, group members are invited to continue in the general Caring for the Carers: Eating Disorder Support Circle which will provide space for individuals to share their experiences and process the challenges of supporting someone through recovery. All groups are facilitated by an experienced professional member of the Harold C. Schott Foundation Eating Disorders Program. For the protection of patients and families, confidentiality is expected within this group.
Location: Via Zoom
Dates/Times: Tuesdays, 4:00-5:00; Contact Cat Lane (513) 536-0214

Harold C. Schott Eating Disorder Program, Caring for the Carers: Eating Disorder Support Circle

This group will offer education, support, and feedback for families as well as a caring and safe environment to express concerns. Group members will have space to share their experiences, challenges, and feelings with others who truly understand the complexities of supporting someone through recovery. The focus of the group is to provide emotional support, practical resources, and guidance to help individuals navigate the journey alongside their loved one while also taking care of their own well-being. All groups are facilitated by an experienced professional member of the Harold C. Schott Foundation Eating Disorders Program. For the protection of patients and families, confidentiality is expected within this group.
Location: Via Zoom
Dates/Times: Wednesdays, 4:00 - 5:00 pm; Contact Mary Schuh (513) 536-0214

Ehlers-Danlos Syndromes Psychotherapy Group

Whether you're in the process of getting diagnosed or have lived with the condition for decades this group provides an opportunity to connect with others living with EDS while learning skills to not only cope with chronic illness but invest in a life worth living in the body you have. The group will focus on processing struggles related to living with EDS for adults as well as learning DBT skills and principles of self-compassion to cope with the reality of this chronic illness that impacts every system of the body.
Location: Via Zoom
Dates/Times: Mondays - 5:30-6:30 pm
Contact: Chae Little at Michaela.little@lindnercenter.org

Gamblers Anonymous

The purpose of Gamblers Anonymous (GA) is to provide support and a structured environment for individuals who are struggling with compulsive gambling. The organization helps members understand that they are not alone in their addiction and offers a community where they can share their experiences, challenges, and successes. GA operates on the 12-step recovery model, similar to Alcoholics Anonymous, and aims to help members stop gambling, rebuild their lives, and prevent relapse. The group's focus is on creating a safe space where people can find encouragement, strength, and accountability to support their journey toward recovery.
Location: Lindner Center of Hope
Dates & Times: Tuesdays: 7:00 - 8:30 pm
Contact: Dr. Chris Tuell 513-536-0640

Grief Group for Children and Adolescents

This is a 10-week group with the goal of providing a supportive space for children and adolescents kids (ages 8-11) and adolescents (ages 12-16) to process various forms of grief. Experiences may include: death of a loved one, loss of a friendship, family changes associated with divorce or remarriage, loss of health or abilities, or transitioning to a new home/school/state. Kids and teens will have the chance to share their experiences with peers, develop coping skills, and express emotions.
Location: Via Zoom
Dates & Times: TBD
Contact: Amber Walczyk, LPCC Amber.Walczyk@LindnerCenter.org

Intuitive Eating Group*

Learn to eat with intention, attention, and enjoyment in this 10-week group focusing on mindfulness, intuitive eating, & body awareness.
Intended For: Adults (age 18 or above). Struggles with mindless eating (i.e., binge eating, compulsive eating) most days. Not imminently a threat to self or others. Patients do not need to have an eating disorder diagnosis to benefit. Engaged in outpatient treatment at least monthly. Clinician agrees to this referral and to maintain treatment throughout group.
Location: virtually
Dates & Times: Tuesdays from 3:30-5 pm
Contact: Jenny King, 513-536-0606

LGBTQIA Adult Support Group

This is an 8-week closed group for adults age 18+ who identify as being on the spectrum of LGBTQIA+. The group follows a curriculum that explores identity, coming out, mental health, coping skills, relationships, navigating discrimination and resilience, and pride and self-acceptance. The focus is on developing a supportive, safe community that promotes connection and a strong sense of self and identity.
Location: Via Zoom Limited to 10 participants
Dates/Time: Wednesdays; 5:00-6:00 pm
Contact: Jaime Bishop at Jaime.Bishop@lindnercenter.org

Managing Adult ADHD

This online group is open to adults (18+) who have been diagnosed with ADHD or are in the process of seeking a diagnosis.
Location: Via Zoom
Dates & Times: every other Friday 4:15 – 5:15 pm or every other Thursday at 9:00 am and May 5th, 2026 every other Tuesday at 2:00 pm
Contact: Chae Little at Michaela.little@lindnercenter.org

Groups are subject to change. Please call prior to confirm.

Men's Support Group

Men's Group provides a space of support and community so that members can explore their roles in life, relationships, personal integrity, and what gives their life meaning and purpose. Group members are able to suggest topics and request materials when they need additional support. Topics include aspects of positive masculinity, initiating and maintaining relationships, fair assertion of boundaries, listening to others' needs, and developing a sense of personal integrity.
Location: Lindner Center of Hope
Dates & Times: 1st and 3rd Wednesdays of each month 6:00 - 7:30 pm
Contact: Dr. Noah Lankford, noah.lankford@lindnercenter.org

Occupational Therapy LGBTQIA+ Body Image Group

What: This is a 6-week closed group series for LGBTQIA+ adults to connect, explore body image, and find support for everyday life.
Who: adults 25+ years of age who identify in the LGBTQIA+ community, especially individuals who struggle with body image distress that is getting in the way of their ability to function in daily life. Group members should be stable in their mental health treatment when applicable.
Location: Lindner Center of Hope
Dates/Times: Once weekday evening each week for 6 weeks from April 7

PEERS program

What: A research-based social skills training program out of UCLA.
Who: Adolescents ages 13-17. Participants may be teens with social skills difficulty resulting from Autism, ADHD, Social Anxiety, etc.
Location: Lindner Center of Hope
Dates/Times: Wednesdays 4 pm-5 pm (16 week program)
Contact: Jenny King, 513-536-0606

Radically Open Dialectical Behavior Therapy (RO-DBT) for Adolescents

RO-DBT is designed to focus on building flexible responding, authentic emotional expression, self-enquiry, and ability to manage unexpected or challenging feedback. The primary treatment targets in RO-DBT focus on improving social signaling, enhancing receptivity and openness, and increasing interpersonal connection.
Intended For: Adolescents 13-18 (still in HS) with excessive emotional over control that is contributing to negative outcomes such as social isolation or poor interpersonal functioning.
Location: Via Zoom
Dates/Times: Tuesdays from 4-5:30 pm
Contact: Jenny King, 513-536-0606

Radically Open Dialectical Behavior Therapy (RO-DBT) for Adults

RO-DBT is an evidence-based treatment targeting disorders of excessive self-control, or overcontrol (OC). It is designed to focus on building flexible responding, authentic emotional expression, self-enquiry, and ability to manage unexpected or challenging feedback. The primary treatment targets in RO-DBT focus on improving social signaling, enhancing receptivity and openness, and increasing interpersonal connection. This group is open for patients with a variety of diagnoses.
Location: Via Zoom
Maximum Number of Participants: 12
Dates & Times: Tuesdays – 4 pm, Thursdays – 4 pm*
Contact: Jenny King, 513-536-0606

Radically Open Dialectical Behavior Therapy (RO-DBT) Skills Group for Adults - In-Person

Radically Open Dialectical Behavioral Therapy is a skills based interactive group to assist over-controlled individuals work on overcoming people pleasing, sharing and accessing their emotions more effectively, working on social engagement confidence, and being more kind to themselves.
Location: Lindner Center of Hope
Maximum Number of Participants: 12
Dates & Times: Tuesdays – 6 pm
Contact: Jenny King, 513-536-0606

Groups are subject to change. Please call prior to confirm.

Radically Open Dialectical Behavior Therapy (RO-DBT) Process Group for Graduates- Virtual or In person

Unlike standard skills classes which are psychoeducational in nature, this group allows individuals to dive deeper into their personal journey of radical openness. The group is designed to help reinforce continued practice of the RO DBT skills and provide a supportive atmosphere where members can work together to build a life worth sharing. The group follows the standard RO DBT lessons to guide discussions and it is recommended individuals utilize the previously completed worksheets. Intended for: This group is designed specifically for individuals who have completed a RO DBT skills class and who want the ongoing support of a process group.

Location: Virtual Maximum Number of Participants: 12
Dates & Times: Mondays 4-5:00 pm*
or
Location: In person - Waterstone location (One Waterstone Place 9435 Waterstone Blvd, Cincinnati, OH, 45249) Maximum Number of Participants: 12
Dates & Times: Mondays 6-7:30 pm
Contact: Jenny King, 513-536-0606

Self-Compassion Group*

Learn to be less critical towards oneself in this 10-week group focusing on strategies and skills to increase self-compassion. Intended For: Those age 18 and above engaged in outpatient treatment at least monthly, those who struggle with low self-worth, negative self-talk, and/or perfectionism, not imminently a threat to self or others. This group is open for patients with a variety of diagnoses.

Location: virtually Maximum Number of Participants: 12
Dates & Times: Tuesdays from 3:30-5 pm
Contact: Jenny King, 513-536-0606

Women's Psychotherapy Group

Designed to help your patients further explore their emotions, deepen self-awareness, and build authentic connections with others! Whether they're navigating transitions, discovering their voice or simply craving connection, this group would be for them!

Location: Via Zoom
Dates & Times: Wednesdays from 6 to 7pm
Contact: Tiffany Bryant at tiffany.bryant@lindnercenter.org

* Led by a PsyPact provider and open to patients in any states covered by PsyPact (https://psypact.org/mpage/psypactmap).

Other Outside Groups

AA Meeting
Location: Lindner Center of Hope- Bechtold room
Dates/Times: Saturdays at 1:00pm

PANS/PANDAS support group
Location: Lindner Center of Hope- Faith Center
Dates/Times: First Wednesday of every month from 7:00- 8:00 pm
For more information or to register, please contact klelson@hotmail.com

NAMI Connection Recovery Support Group
A free, peer-led support group for any adult who has experienced symptoms of a mental health condition. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there.
Location: Lindner Center of Hope - Bechtold Boardroom (Faith Center - May)
Dates & Times: 1st and 3rd Mon. of each month, 6:00 - 7:30 PM
Contact NAMI Southwest Ohio (513) 351-3500 www.namiswoh.org

NAMI Family Support Group
A peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences.
Location: Lindner Center of Hope - Bechtold Boardroom (Faith Center - May)
Dates & Times: 2nd Mon. of each month, 6:00 - 7:30 PM
Contact NAMI Southwest Ohio (513) 351-3500 www.namiswoh.org

Groups are subject to change. Please call prior to confirm.