

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 therapeutic support group for older adults. It is psychoeducational and emotional wellness group designed to support older adults facing loneliness, grief, or life transitions. It is designed to help older adults build meaningful social connection, learn practical coping strategies, and receive support through life transitions. Other focus areas include: • Emotional regulation & mindfulness • Coping with grief, aging, and role loss • Legacy work • Gentle tools for wellness and identity in later life.

Location: Via Zoom

Maximum Number of Participants: 12

Dates/Times: Tuesdays at 11 am

Contact: Kelly Bernens, 513-536-0634

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: Kelly Bernens, 513-536-0634

Caregiver Connection

A monthly therapeutic support for family, friends, and professional caregivers. It is a once-monthly therapeutic space for those caring for others — aging parents, children with special needs, ill partners, or friends. This group offers emotional support, practical tools, and community for caregivers navigating compassion fatigue, grief, and burnout. Topics may include: • Setting boundaries with love • Managing caregiver guilt and resentment • Honoring your identity beyond caregiving • Navigating support systems and self-care.

Location: Via Zoom

Maximum Number of Participants: 12

Dates/Times: 1st Thursday of each month at 6 pm

Contact: Kelly Bernens, 513-536-0634

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 starting March 19th

Contact: michaela.little@lindnercenter.org

DARTT - Developmental and Relational Trauma Therapy

This 10-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: Mondays from 9am-10am

Contact: Jenny King, 513-536-0606

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 or in-person at Lindner Center of Hope Maximum Number of Participants: 12

Dates/Times: Mondays at 9 am*, Tuesdays – 4 pm, Wednesdays – 3 pm* and 7 pm

(Adult)

Wednesdays – 3:30 pm* (Young adults)

Tuesdays and Wednesdays – 4 pm* (Adolescent); Thursdays at 4pm in-person Adolescents in high school (possibly mature 8th graders)

Contact: Kelly Bernens, 513-536-0634

Dialectical Behavioral Therapy (DBT) Group (Co-ed) – In-person

In-person DBT group on Monday nights at 6 pm and Wednesdays at 4pm. This will be co-ed, so all adults are welcome.

Location: Lindner Center of Hope

Maximum Number of Participants: 10

Dates/Times: Monday nights at 6 pm and Wednesdays at 4pm

Contact: Kelly Bernens, 513-536-0634

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: Kelly Bernens, 513-536-0634

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 Kathryn Bruno (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 Kathryn Bruno (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: Tuesdays (Kids), from 5pm-6:00 pm beginning **September 16, 2025**, Ending November 18, 2025

Thursdays (Adolescents), from 5pm-6:00 pm beginning **September 18, 2025**, Ending November 20, 2025

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: Via Zoom

Dates & Times: Tuesdays from 3:30-5 pm

Contact: Jenny King, 513-536-0606

LGBT Support Group

LGBTQIA Group (18+); discuss issues pertaining to identifying as lesbian, gay, bisexual, transgender, queer/questioning, intersex and asexual. Develop a supportive, safe community that promotes connection and a strong sense of self and identity.

Location: Epic

Limited to 10 participants

Dates/Time: Wednesdays; 4:45-5:45p

Contact: Jaime Bishop at Jaime.Bishop@lindnercenter.org

Managing Adult ADHD

This is an online group open to any adult (18+) with an ADHD diagnosis. Group will focus on psychoeducation about adult ADHD, learning effective coping strategies for executive dysfunction, and processing thoughts and feelings about living with ADHD in a supportive, therapeutic environment.

Location: Via Zoom

Dates & Times: every other Friday 4:15 - 5:15 PM and every other Thursday at 9:00 AM

Contact: Chae Little at Michaela.little@lindnercenter.org

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: Kelly Bernens, 513-536-0634

Psychoeducation Group for Bipolar Disorder

What: 6-Session Zoom Education Group for Adults with Bipolar Disorder

- Learn self-management skills
- Improve communication with your providers
- Get the most out of your treatment
- Improve your understanding of bipolar disorder and how it responds to the environment

Who: Ages 18+, taking medication for bipolar disorder

Location: Via Zoom

Dates/Times: Once a week for 6 weeks, Meeting 6-7pm

Contact: Nicole at 513-536-0712 or nicole.mori@lindnercenter.org

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: Kelly Bernens, 513-536-0634

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* and Wednesdays 8 am*

Contact: Kelly Bernens, 513-536-0634

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: **Mondays - 6-7:30 pm**, Tuesdays – 6 pm

Contact: Kelly Bernens, 513-536-0634

Radically Open Dialectical Behavior Therapy (RO-DBT) Process Group for Graduates*

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 provided workbooks. 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: Via Zoom

Maximum Number of Participants: 12

Dates & Times: Mondays 4:00-5 pm

Contact: Kelly Bernens, 513-536-0634

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: Via Zoom

Maximum Number of Participants: 12

Dates & Times: Mondays from 3:30–5 pm

Contact: Jenny King, 513-536-0606

Women's Developmental Trauma Group

Women (18 +) and have a history of developmental/childhood trauma. They must be stable in treatment. A 10-week group focused on the HOI model (healing our core issues). The group will be focused on learning about the 6 core issues and birthrights, exploring family roles/dynamics, and learning skills for calming the nervous system. This group will be a safe space to heal in community with other wounded warriors

Location: Lindner Center of Hope (Waterstone location - 9435 Waterstone Blvd, Cincinnati, OH, 45249)

Dates & Times: noon on Fridays

Contact: Kaila Busken at Kaila.busken@lindnercenter.org

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: Saturday mornings from 10a-11a

PANS/PANDAS support group (ASPIRE ChitChat)

This is a supportive meeting for parents of kids with PANS and adults with PANS. Grab a seat, talk about your situation, get a hug, listen, and support others in the group. Join us and remember that you are never alone; we have a fantastic community and want you to be a part of it! ChitChats are not professional-led support meetings providing professional therapy. We can't provide direct medical or legal advice. ChitChat leaders or participants are not working in a professional capacity.

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 info@aspire.care or klelson@hotmail.com

Parents' OCD Support Group

Location: Lindner Center of Hope- Bechtold room

Dates/Times: Second Wednesday of each month, 7:00 – 8:30 pm

Call Tami at 513-271-7723 or Sharon at 513-891-2879 for additional information and to RSVP.

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.namiswaoh.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.namiswaoh.org