



About Us

CMMHC has office sites in St. Cloud, Buffalo, Elk River and Monticello as well as individual services locations throughout the four-county area. Highly qualified and diverse staff have been providing mental health and chemical dependency services to residents of Benton, Sherburne, Stearns and Wright counties for over 55 years.

A variety of payment options are available, including private insurance, Medical Assistance and Medicare. A sliding fee scale for those without insurance, based on ability to pay, may also be available.

CMMHC has received national recognition for our success at implementing Trauma Informed Care (TIC).

Our core value is: "A Time to heal, a place to start." Our TIC Mission Statement is: "Mindfully fostering a space for healing, safety, and sensitivity for the individuals and families we serve, our colleagues, and our community."

CMMHC does not discriminate due to race, color, creed, religion, sex, national origin, marital status, age, gender identity, sexual orientation, handicap or public assistance status.

Transitions Psychotherapy Group

*An open-ended, open
enrollment psychotherapy
group for adults*



A time to heal, a place to start

Central Minnesota
Mental Health Center
Monticello Office
407 Washington St
Monticello, MN 55362
763-295-4001

*Dreaming is like gazing into a mirror that
looks into the future.*

*Each time we step into the reflection, the
image changes into a more real possibility.*

*Every experience we've had along our jour-
ney has enriched us immeasurably.*

*What we seek evolves everyday from the
presence of those we meet.*

*We too change with every experience, and
our dream unfolds and reshapes with us.*

- David Earl Johnson, MSW, LICSW

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Change is always happening in our relationships, health, work, and other areas of our life. Sometimes life has a way of overwhelming us such that we feel helpless to manage. At other times we feel stuck, immobilized, unable to move forward with our lives. The prospect of change frightens us. Transitions, the part of change we must navigate, can be a turbulent time in our lives leading to excessive stress, depression, grief, impulsivity, mood problems, emotion dysregulation, isolation and/or increased conflict with friends and family.

What is Group Therapy?

A therapy group is a special community maintained by facilitators as a safe place to share. Group members' relationships with each other become a mechanism of change within the group and allow new learning about old patterns in relationships and coping. Group members share experiences and methods of coping.

This group is offered on Monday mornings from 10:30 am until 12:00 pm at CMMHC in Monticello, MN. You can

join any time and attend as long as the group benefits you. Group rules are determined by the participants and facilitators at the start of group. Group time consists of processing what each member brings to group, group relationships, expressive activities, and topics chosen based on the groups needs and requests including the following:



Topics:

- Coping with depression and anxiety
- Building healthy relationships
- Increasing self-esteem and self-awareness
- Coping with stress, change, loss, grief, shame
- Changing patterns of thinking and the beliefs that direct these thoughts to move towards a more adaptive and positive direction.

- Understanding the purpose of emotions and emotion regulation
- Mindful integration of thoughts and emotions
- Transforming disruptive emotion into constructive motivation
- Obtaining support, coping methods, new ideas, and validation for thoughts and feelings

Eligibility

To be eligible for group members must be:

- 18 years of age or older
- Have an up-to-date Diagnostic Assessment through CMMHC
- Able to understand the concepts presented in group
- Willing to follow group rules and expectations
- Commit to attending group consistently

Facilitators:

David Earl Johnson, MSW, LICSW
Psychotherapist

Amy Anderson, MSW, LICSW
Psychotherapist

Inquiries:

763-295-4001

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