

Strategic Life Skills Group to manage your mental health

Discover the importance of your thoughts

Can the Strategic Life Skills Group help me?

Mental illness can cause major stress in anyone's life. The Life Skills group is here for you – to help you manage stress, deal with change and address your mental health issues.

The group will provide YOU with the peer support of other people working toward healthy coping skills and learning the important role of thinking in how we feel and what we do.

The group meets the 1st and 3rd Wednesday of each month from 5:30 p.m. to 7 p.m. in Room 206 at 901 N. First St.

**Memorial
COUNSELING
ASSOCIATES**



901 North First Street, Suite 225
Springfield, Illinois 62702
(217) 788-4065

Research has shown that Cognitive-Behavior Therapy (CBT) in conjunction with medication is one of the most effective treatments for mood disorders such as anxiety, depression and bipolar disorder. CBT focuses on helping the patient identify how problems in thinking and perceiving dramatically impact mood and well-being.

CBT has been shown to be effective in improving mood and self-image.

The first step is an individual session, including an assessment and orientation with Lois McConomy, the group's facilitator. Group size is limited so call Memorial Counseling Associates at (217) 788-4065 to schedule your session.

Program Leader

Lois McConomy, a therapist at Memorial Counseling Associates and Memorial Medical Center's Partial Hospitalization Program, has 10 years of experience with Cognitive-Behavioral Therapy. She has a bachelor's degree in social work from Valparaiso University and a master's degree in social work from the University of Illinois at Urbana-Champaign.

Ms. McConomy is a licensed clinical social worker, and a certified addictions counselor. She has worked in the mental health field for 30 years.

Referrals and Billing

Participants can be referred by Memorial Counseling Associates or Memorial Partial Hospitalization clinical staff or by a primary care physician.

Participants must have insurance with group therapy coverage and a referral or authorization by a physician may be required by insurance. MCA's billing representative can assist in determining your coverage - call (217) 788-4065.