

PARENTING PROGRAM

GOAL: To enable parents to identify problems that have caused relationship issues with their children. Learn skills that will repair the relationship by re-establishing the parental role.

PURPOSE: Help parents who suffer from depression and/or anxiety and show how it affects his/her role as a parent. Develop techniques for appropriate expectations for different ages, discipline and organic depression vs. situational depression.

*All classes are offered in
English + Spanish*



CONTACT US

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All referrals welcome!



www.gandaracenter.org



OUTPATIENT SERVICES

*Intimate Partner Abuse Education
Massachusetts Impaired Driving Program*

Sex Offender Evaluations

Substance Use

S.O.A.P.

Anger Management

Parenting Program

INTIMATE PARTNER ABUSE EDUCATION

GOAL: Immediate and complete cessation of Domestic Violence within the relationship, developing self-awareness of the factors that precipitate and contribute to their acts by addressing their choice of physical force or threat in their relationship.

PURPOSE: Hold batterers accountable for abusing intimate partner and children. Encourages them to adopt respectful and non-abusive attitudes and behaviors towards partner and children. Increase victim and children's safety through partner contacts and referrals for support services.

On-going Program. No intake fee. Sliding fee scale, evaluations per request with a \$150.00 fee.

SEX OFFENDER EVALUATIONS + GROUP THERAPY

GOAL: Identify the components in their cycle of sexual offense and internal and external triggers for relapse to sexual offense; develop a plan for prevention of relapse to sexual offense. Address the impact of their sexual offense upon their victim and prevent the commission of any

new criminal offense.

PURPOSE: Accountability and relapse prevention.

MASSACHUSETTS IMPAIRED DRIVING PROGRAM

DPH Certified, 1st offender, 16-week program. Once a week 2-hour session. Co-ed groups available in Springfield in English and Spanish. On-going program. No waiting list, all walk-ins are welcome.

Total cost: \$867.76

Intake/Evaluation: \$179.76

Groups: \$43.00 per session

SUBSTANCE USE GROUPS

GOAL: To assist individuals in developing a relapse prevention plan based on their situation. To identify specific high-risk relapse factors that could lead to a relapse. Identify other causes and consequences of addiction.

PURPOSE: Help the individual to understand addiction as it relates to their personal situation and provide information about high-risk relapse factors that could lead to relapse. To identify other causes and consequences of addictions.

STRUCTURED OUTPATIENT ADDICTION PROGRAM (S.O.A.P)

Three to six week partial hospitalization or aftercare program for individuals seeking a structured setting in which to achieve abstinence and sustained recovery from alcohol and drug use. Operates Monday through Friday for 3.5 hours a day. Individuals participate in structured group treatment using a multimodal approach.

Open referral - Community providers or self-referred

ANGER MANAGEMENT

GOAL: Make clients aware of the consequences of their aggression and impulsive behavior, inspire change. Encourage participants to challenge their beliefs and defense mechanism that contributes to violence and/or aggressive behavior. Practice stress management.

PURPOSE: To educate the participant on how to better understand what led to their aggressive behavior, the consequences of violence and anger, cues and how alcohol/ drugs can contribute to violence.