

GROUPS

At GCBHS, our groups offer a safe and supportive place to learn, connect, and grow, helping you build skills, find community, and move toward a healthier, more fulfilling life.

MON
1:30PM



DIABETES MANAGEMENT

A 12-week closed group providing education and support to improve health and bridge behavioral and physical healthcare needs.

Facilitators: Alexis Bowlin, PRSS, BHCW & Tracy Settlemyre, LCSW
Contact: 918-682-8407 GCBHS Main Office (619 N Main)

MON
5:00PM



HOLDING SPACE (GRIEF)

A 12-week open group for adults processing the death of a loved one through education, reflection, and shared experiences.

Facilitator: Haley Poffel, LPC-C
Contact: 918-913-3641 Mill St. Office (1320 N Mill St)

THU
9:30AM



KIND SOCIETY

A co-ed group designed to create connections and build social-emotional skills. Ages 13-18.

Facilitators: Cayton Tejada, BHA, PSB-CM & Zoe Hall, BHA, PSB-CM
Contact: 918-936-2359 Fostering Hope (917 West Broadway St)

TUE
10:00AM



PARENTING JOURNEY 1

Designed for all caregivers, this group promotes self-reflection, explores how past experiences shape current parenting, and fosters hope, confidence, and connection—not a “how-to,” but a personal growth experience.

Facilitator: Sherron Palmer, BHA \$60 total
Contact: 918-682-8407 Mill St. Office (1320 N Mill St)

TUE
3:30PM



PROBLEMATIC SEXUAL BEHAVIORS

This is an 18-month open group designed for adolescents 13-18 and their caregivers and is for both voluntary and court-ordered teens.

Facilitator: Nettie Graff, LPC & Samantha Gaspar, LPC
Contact: 918-682-8407 GCBHS Main Office (619 N Main)

caring people, caring for others

GCBHS strives to create a safe, supportive and welcoming environment where those we serve can gain skills and resources necessary to lead healthy, self-sufficient, productive lives

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THU
3:00PM



CHRONIC ILLNESS

A wellness group providing education and support to those with chronic illnesses. \$5/week for non-clients

Facilitator: Rylee Lane, BHCM II, PRSS & Ashley Hyatt, MS LPC-S
Contact: 918-682-8407 GCBHS Main Office (619 N Main)

THU
9:30AM



MEN'S PHYSICAL WELLNESS

A supportive group promoting mental health through physical wellness, building healthy routines, confidence and connection.

Facilitator: Alexis Bowlin, PRSS, BHCW
Contact: 918-682-8407 GCBHS Main Office Gym (619 N Main)

THU
5:30PM



ANGER MANAGEMENT

A 12-week program designed to build insight, emotional awareness, and effective coping skills in a supportive, goal-focused setting.

Facilitators: Krissy Jones, BHCM II & Deanne Hutchinson, LPC-C, LADC
Contact: 918-682-8407 GCBHS Main Office (619 N Main) \$10/class

FRI
3:00PM



TRAUMA THERAPY

A 13-week closed group for PTSD and trauma-related concerns focusing on identifying and changing unhelpful thoughts and emotions.

Facilitator: Ashley Hyatt, MS LPC-S
Contact: 918-682-8407 GCBHS Main Office (619 N Main)

THU
1:00PM



HEALTHY HUMAN 101

A welcoming, interactive group helping clients build real-life skills to navigate everyday challenges with more confidence. It's a supportive, low-pressure space to connect, try new skills, and grow.

Facilitators: Rylee Lane, BHCM II, PRSS Dawn Brizendine, BHCM II, PRSS
Contact: 918-682-8407 Mill St. Office (1320 N Mill St)