

# UCS News Release

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## Rocking Horse Circle to Begin

Bennington, Vt. — A new network for women who want healthier families is forming now. United Counseling Service (UCS) will host the popular Rocking Horse Circle of Support to address how substance abuse affects family health, communication, and relationships.

“Rocking Horse is a support group for women and their young children,” said Kristie LeVitre, MS, a clinician at UCS, who will lead the group along with UCS clinician Yvonne Ward, MA.

“Nurturing your family makes relationships strong, which makes a difference to their health, communication, diet, exercise, education, and all their friendships,” LeVitre noted.

The group meetings include childcare, gifts, snacks, and transportation, so children are welcome.

Participants will explore how to nurture and what kind of changes they can make for stronger parenting skills. The facilitators will help group members to assess their strengths and build on their resources.

“It’s very personalized,” LeVitre said. “Each woman can define the right results for her and her family and begin work in the group toward achieving those goals.”

The Rocking Horse Circle of Support meetings for women with young children will meet on Tuesdays from 9:00 to 11 a.m. beginning September 22 at UCS, 100 Ledge Hill Drive in Bennington, adjacent to the hospital. For more information, call 442-5491 and ask for Yvonne or Kristie.

The Rocking Horse Circle of Support runs for two months and strengthens families in the community.

UCS serves children, adults, families, and seniors through nationally recognized counseling, early care and education, and clinical support. Visit [www.ucsvt.org](http://www.ucsvt.org) to find out more.

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