

UCS News Release

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Contact: Robert Pini
(802) 442-5491
rpini@ucsvt.org

Rocking Horse Circle to Begin

Bennington, Vt. — Women who want healthier families can join a new network. United Counseling Service (UCS) will host the popular Rocking Horse Circle of Support — a group for women and their young children to address how substance abuse affects family health, communication, and relationships.

“Rocking Horse is a support group for women who want to build stronger, healthier families,” 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 improves family health, communication, diet, exercise, education, and 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. They will also explore how to generate healthy friendships and relationships. 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 will meet on Tuesdays from 12:00 to 2 p.m. beginning January 5 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 until March 9.

UCS serves children, adults, families, and seniors through nationally recognized counseling, early care and education, and clinical support. Visit www.ucsvt.org to find out more.

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