



**The Attachment Network of Connecticut
is pleased to offer the following program for the
No One Eats Alone lunchtime series**

*The Magic of Groups: Finding Joy,
Inspiration, and Delight through Connection*

Presented by

Monica Contreras, LMSW

May 8, 2024 from 12-1 pm (EST)

Please Join Us!

Attachment Network of Connecticut



About this Event

The Magic of Groups: Finding Joy, Inspiration, and Delight through Connection

You and I belong to a group system because the magic of groups happens everywhere, every day, and every time!

Join us for a joyful and inspirational overview about the power of group work. Participants will get the opportunity to learn more about the art, science and powerful impact of groups in different settings, age groups, and demographics. We will share powerful connections through different groups in a post Covid–world.



Event Details:

Monica Contreras

Wednesday, May 8, 2024

12 - 1 pm (EST), Zoom event



To Register for the event, which will be held on Zoom please follow this link:

<https://uconn-edu.zoom.us/meeting/register/tjErcOGrqDMjHtM2-iRR6AOhXKy0X1pAFour>

After registering, you will receive a confirmation email containing information about joining the meeting.

About the Presenter



Monica Contreras, LMSW graduated from the University of CT School of Social Work in 2005 from the Advanced Standing program with specialization in Social Work with Groups. Prior to living and working in Connecticut, Monica lived and completed her schooling in Puerto Rico earning her Bachelor in Social Work degree from the University of Puerto Rico. Before joining Saint Francis Hospital Parenting Support Services in 2018 where she currently works as the Program Supervisor, Monica was a devoted clinician. With over 20 years of experience as a group facilitator Monica's groups have included psychoeducational groups for parents of children diagnosed with Mood disorders, ADHD, PTSD, Inpatient DBT groups, VOICES (teen girls' groups), Substance Abuse Relapse Prevention groups for court mandated clients and her favorite and current role overseeing and running Circle of Security Parenting groups for parents, caregivers and providers. Monica enjoys coaching other group facilitators, coordinating services, educating the community regarding secure attachment, and promoting strong and healthy relationships. Monica resides in the Greater Hartford region of Connecticut with her husband and three amazing children, all of whom are proud of the work that she does every day!



For more information about ANCT, please visit our website at :
<https://www.attachmentnetworkofconnecticut.com>



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