



TLC Services

Groups Catalog June - Aug 2026

Group	Description	Facilitator(s)	When & Where
Moving Through Grief	When a loved one dies, whether a spouse, family member, or friend, we can feel lost and alone. Being with others who understand can ease the pain and guide us toward healing. If your loss occurred at least 4 months before the start date	Judy Maloney, Licensed Mental Health Counselor	Sept 8 - Oct 13 Tuesdays, 9:30-11 am 6 weeks Lake Miona Rec Center, 1526 Buena Vista Blvd, The Villages
			Click here to register.
Enhancing Weight Loss	Weight loss plans can be difficult to commit to and maintain. This program will help you: 1. Develop new thinking styles and behaviors to increase your success. 2. Establish new coping strategies to handle difficult situations and reduce the risk of straying from weight loss plans. 3. Develop skills and confidence to set realistic and achievable life goals for maintaining healthy eating habits.	Wendy Roberts, Licensed Clinical Social Worker	Oct 5 - Nov 9 Mondays, 1 - 3 pm 6 weeks Eisenhower Rec Center, 3560 Buena Vista Blvd, The Villages
			Click here to register.

Hope and Healing After Suicide Loss	This support group offers a safe, compassionate space where participants can connect with others who share a similar experience, receive support, and find hope for the future. Whether the loss was recent or many years ago, members are invited to share their stories through guided discussions, explore healthy ways to cope, honor their loved one's memory, and move forward on their healing journey.	Melinda Billig, Licensed Clinical Social Worker	October 28-Dec 16 Wednesdays, 1:30-3:30p 8 weeks Hope Lutheran Church, Rm 240, 250 Avenida Los Angelos, The Villages
			Click here to register.
For Mental Health Professionals (Active and Retired)	We are holding monthly meetings. We hope to see previous members and welcome new members. All mental health professionals, currently working or retired, are welcome to attend. CEUs are offered for some of the meetings and the educational presentations will include many interesting topics.	Bonnie Hovel, LCSW and Lucille Karatzas, LCSW	January through June and September through November , Third Thursdays, 2:00 - 4:00 PM, SeaBreeze Rec Center, 2384 Buena Vista Blvd, The Villages.
	For information, email bonnie@tlc-services.org		No registration needed. Come to a meeting any time.