

Bridgeview Groups - April 2017

Support Groups

Anxiety/Social Phobia

This group will focus on ways to calm your anxiety, with a focus on social anxiety. Meets: Wednesdays at 3:00 pm. Intern facilitated.

Employment Exploration Group

This group focuses on building a resume, interviewing skills, assertiveness in the workplace, etc. Meets: Every other Monday at 2:00. Facilitated by Laura.

Gratitude Journaling

It allows a person to experience the good things in life. Meets: Second and fourth Mondays at 2:00 pm. Facilitated by Laura.

Healthy Lifestyles/Weight Loss

Topics covered will include healthy eating and lifestyles, weight loss, etc. Meets: Wednesdays from 12:30-1:20 pm. Facilitated by Lisa.

Healthy Relationships

A support group emphasizing healthy communication styles. Topics include: boundaries, and healthy relationships. Meets 1st and 3rd Thursdays at 2:30 pm.

Mental Health Support

Peer support, education and encouragement. Meets Tuesdays from 12:30-1:20 pm and Thursdays 12:30-1:20 pm. Facilitated by Laura. Everyone welcome!

Motivation Group

A group that will focus on goals, strengths, empowerment, and moving forward in recovery. Meets: Meets Thursday 4/6 and 4/20 from 1:30-2:30 pm. Facilitated by Laura.

Social Skills Group

Topics will include interaction and communication with others. Meets: Thursday's at 11:00 am. Facilitated by Laura.

Spanish Language Group

This group focuses on learning the basics of the Spanish language. Open to all members of all abilities. Meets: First and third Tuesday at 11am on 4/4 and 4/18. Member facilitated by Maria.

Women's Self-Esteem

Provides support and encouragement for women. The group will help you recognize your skills, abilities, and potential. Meets: Wednesdays at 11:00 am. Facilitated by Intern.

Writing Circle

An informal group that covers various styles of writing. The Artist's Way will be discussed. Opportunity for writing contests possible. Meets: Monday's from 11:00-12:30 pm. Member facilitated by Jill.

Therapy Groups

These groups are billable to your insurance company

Anxiety Therapy Group (20 week commitment)

This group focuses on relaxation techniques, changing irrational thoughts, and overcoming anxiety. Please call BV if interested.

Anger Management (Women & Men) (20 week commitment)

These groups focus on anger management skills, conflict resolution, interpersonal skills and healthy coping skills. Please call BV if interested. Groups will start soon.

Facilitated by Julie and Laura. Intake required with Julie.

DBT Skills Informed Group (24 week commitment)

This group focuses on emotion regulation, distress tolerance, interpersonal effectiveness and mindfulness.

Facilitated by Julie and Alyssa.

Depression (20 week commitment)

This group focuses on depression and healthy ways to cope with it. Facilitated by Jeff.

Dual Diagnosis (20 week commitment)

This group will focus on mental health and addiction, co-occurring disorders. Day and time TBD. Facilitated by Jeff.

Hoarding Group (10 week commitment)

This group focuses on hoarding and ways to de-clutter. Facilitated by Julie and Laura. Intake required with Julie.

Mindfulness/Meditation (10 week commitment)

This groups focuses on mindfulness and meditation. Meets Fridays at 11 am. Facilitated by Jeff.

PTSD Therapy Group (20 week commitment)

This group will help you identify triggers, healthy coping skills, emotions, thinking errors and avoidance. Therapist facilitated.

Symptom Management/WRAP (Women & Men) (20 week commitment)

Wellness Recovery Action Plan. WRAP is about recovery. Key concepts include hope, personal responsibility, education, self-advocacy and support. Facilitated by Julie and Laura.