

Bridgeview support groups

Women's Self-Esteem

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

Symptom Management/WRAP (Women & Men's) Wellness Recovery Action Plan. WRAP is about recovery. Key concepts include hope, personal responsibility, education, self-advocacy and support. 15 week commitment. Billable.

Boundaries

A therapy group focusing on identifying and maintaining healthy boundaries in a variety of settings. Cost is \$10. It is a billable group. 15 week commitment. Therapist facilitated by

Anger Management (Women & Men's)

Intake required. These are billable groups. Will meet for 20 weeks. These groups focus on anger management skills. Please call BV if interested. Groups will start soon.

Hoarding Group

Intake required. This is a billable group. Will meet for 10 weeks. This group focuses on hoarding. Please call BV if interested. Facili-

Needlepoint Group

Meets 2nd and 4th Thursdays at 1:30 pm. Member facilitated by Kerry. Group focusing

PTSD Therapy Group (Women's & Men's)

This group will help you identify triggers, healthy coping skills, emotions, thinking errors and avoidance. 20 week commitment. Billa-

Employment Exploration Group

This group focuses on building a resume, interviewing skills, assertiveness in the workplace, etc. This group will meet the 1st and

Spanish Language Group

First and third Monday's at 12:30pm on 1/5 and 1/19. This group focuses on learning the basics of Spanish. Open to all members of all abilities. Member facilitated by Maria.

Depression Therapy Group

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

Anxiety Therapy Group

This group focuses on relaxation techniques, changing irrational thoughts, and overcoming anxiety. 20 week commitment.

Mental Health Support

Peer support, education and encouragement. Meets Tuesdays from 12:30-1:20 pm and Thursdays 12:30-1:20 pm. Staff facilitated by

Motivation Group

Meets Thursday 1/1 and 1/15 from 1:30-2:30 pm. A group that will focus on goals, strengths, empowerment, and moving for-

Anxiety/Social Phobia

This group will focus on ways to calm your anxiety, with a focus on social anxiety. Meets on Wednesdays at 1:00 pm. Staff facilitated

Role Play Group

This group focuses on role play games such as Dungeons and Dragons. Meets for 2 hours. Mondays from 12:30-2:30 pm. Member facilitated by Ben.

Healthy Relationships

A support group emphasizing healthy communication styles. Topics include: boundaries, and healthy relationships. Meets on Thurs-

Gratitude Journaling

Second and fourth Mondays at 2:00 pm. It allows a person to experience the good things

DBT Skills Informed Group

This is a billable group. Will meet for 24 weeks. This group focuses on emotion regulation, distress tolerance, interpersonal

Writing Circle

On Tuesday's from 11:00-12:00 pm. An informal group that covers various styles of writing. The Artist's Way will be discussed. Opportunity for writing contests possible.

Symptom Mgmt Using Art

This group focuses on the benefits of using art therapy to cope with mental health symptoms. Monday's with Lauren 10-12 pm. Thurs-

Women's Therapy Group

This group is for women and will focus on the exploration of identity and finding a purpose in life. Group is billable. Wednesdays from