

## Bridgeview Groups - October 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. Facilitated by Laura.

#### **Employment Exploration Group**

This group focuses on building a resume, interviewing skills, assertiveness in the workplace, etc. Meets: 1st and 3rd Wednesdays at 1:00. Facilitated by Lindsey.

#### **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. Dance is the group activity at this time.

#### **Healthy Relationships**

A support group emphasizing healthy communication styles. Topics include: boundaries, and healthy relationships. Meets Thursdays at 11:00 am. Facilitated by Lindsey.

#### **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: Thursday 10/12 and 10/26 from 1:30-2:30 pm. Facilitated by Laura.

#### **Role Play Group**

This group focuses on role play games such as Dungeons and Dragons. Meets for 2 hours. Mondays from 1-3 pm. Member facilitated by Ben.

#### **Social Time Group**

Structured social time; learning social skills while having fun. Meets: Thursday's at 2:30 pm. Facilitated by Lisa.

#### **Spanish Language Group**

This group focuses on learning the basics of the Spanish language. Open to all members of all abilities. Meets: Second and third Tuesday's at 11am on 10/2 and 10/16. 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 Lisa.

#### **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.

#### **Boundaries Group (15 week commitment)**

A therapy group focusing on identifying and maintaining healthy boundaries in a variety of settings. Cost of book is \$10. Facilitated by Lindsey and Julie.

#### **DBT Skills Informed Group (24 week commitment)**

This group focuses on emotion regulation, distress tolerance, interpersonal effectiveness and mindfulness. Facilitated by Julie and Laura.

#### **Depression Therapy Group**

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

#### **Dual Diagnosis (20 week commitment)**

This group will focus on mental health and addiction, co-occurring disorders. Meets Fridays from 10-12 pm. Facilitated by Jeff.

#### **Gardening Group**

This group focuses on the benefits of growing a garden and learning different ways to enhance well-being. Please call BV if interested. Hours: 10am-12 pm.

#### **Hoarding Group (10 week commitment)**

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

#### **PTSD Therapy Group (Women & Men) (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 Lindsey and Laura.

#### **Symptom Management Aftercare**

For individuals who attended Symptom Management Group previously ONLY. It is open forum. Meets: Friday, August 11 from 9:30-11:30 am. Facilitated by Lindsey and Laura.

#### **Women's Therapy Group**

This group is for women and will focus on the exploration of identity and finding a purpose for life. Meets: Thursdays from 1:30-3pm. Facilitated by Lindsey.