

Bridgeview Groups

Billed (Therapy) Groups

Symptom Management/WRAP

Wellness Recovery Action Plan. WRAP is about recovery. Key concepts include hope, personal responsibility, education, self-advocacy and support. 15 week commitment. Billable. Facilitated by therapist and CPSS

Mindfulness

A group focusing on meditation and mindfulness activities. Workbook for group, cost \$24.95. Scholarships available. Will start in January and meet on Thursdays from 10:00a-12:00p!

Symptom Mgmt Using Art Therapeutically

This group focuses on the benefits of using creativity including arts and crafts to cope with mental health symptoms. Billable. Therapist facilitated.

Symptom Mgmt Using Music Therapeutically

This group focuses on the benefits of using creativity including music to cope with mental health symptoms. Billable. Therapist facilitated. Will start in January and meet on Thursdays 1:45p-3:00p!

DBT Skills Informed Group

This is a billable group. Will meet for 24 weeks. This group focuses on emotion regulation, distress tolerance, interpersonal effectiveness and mindfulness. Therapist facilitated.

Depression Therapy Group

This group focuses on depression and healthy ways to cope with it. Facilitated by therapist. Starting Dec. 6th, Friday's at 12:30p-2:30p!

Support Groups (FREE)

Writing Circle

On Tuesday's from 11:00-12:00 pm. An informal group that covers various styles of writing. Opportunity for writing contests possible. Member facilitated.

Gratitude Journaling

This group allows a person to experience the good things in life. Thursdays 2:00-3:00. Staff facilitated by Laura.

Women's Self-Esteem

Wednesdays at 10:00 am. Provides support and encouragement for women. The group will help you recognize your skills, abilities, and potential. Staff facilitated by Kaitlyn.

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 by Laura.

Role Play Group

This group focuses on role play games such as Starfinder. Meets Fridays from 1:00-2:30 PM. Member facilitated.

Mental Health Support

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

Men's Support Group

This group is meant to provide men with the skills to better navigate their lives. Topics will cover a variety of issues. There will be lively discussion and even some role playing! Staff facilitated by Kaitlyn.

History Buff

Come talk about history and engage with your peers! Member facilitated on Friday's at 11:30a-12:30p!

Healthy Relationships

A support group emphasizing healthy communication styles, boundaries, and much more! Meets on Tuesday's at 10:00am. Staff facilitated by Lisa.

YOUR HOLIDAY GRIEF SURVIVAL GUIDE

HOW TO GET THROUGH THE HOLIDAYS WHEN YOU'RE GRIEVING

1. LET YOURSELF SAY 'NO'

Above all else, you need to take care of yourself. If you're feeling sad & not up for going to that holiday party - give yourself permission to say no! Stay home, watch a movie and take care of yourself.

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2. IT'S OKAY TO LEAVE EARLY

You might feel like you're up for a social gathering until you get there and realize "I am not okay being here". That's okay! Give yourself permission to go home early - your friends will understand.



3. ALWAYS HAVE AN EXIT STRATEGY

Drive to holiday parties yourself so you have the option to leave as soon as things get too difficult to handle. Avoid hosting if you can - if you host, you can't leave! ALWAYS make sure you have an escape plan in place.

4. YOU'RE ALLOWED TO CHANGE YOUR MIND

So you've said yes to that thing you said you'd do but now you're absolutely dreading it? Know that you're allowed to change your mind! If you've over-committed yourself, be honest! You're allowed to change your mind.

5. SURROUND YOURSELF WITH SUPPORTIVE PEOPLE

Only surround yourself with people who make you feel supported & understand that you're grieving and might not be up for celebrating this year.



6. KNOW IT'S OKAY TO BE SAD & IT'S OKAY TO BE HAPPY TOO



You don't have to love this holiday season. A lot of it is hard. Give yourself that it's okay to be sad. It's also okay to feel happy - it's okay to get better. It doesn't mean you're "over" the loss.



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<https://www.loveliveson.com/missing-loved-ones-during-holidays/>

Crisis Phone Numbers:

If you are experiencing a mental health crisis and live in Anoka County please contact Anoka County Crisis Line: 763-755-3801 or text MN to 741741.

If you are experiencing a mental health crisis and live in Hennepin County please contact COPE at 612-596-1223.

If you are experiencing a mental health crisis and live in Isanti County please contact the crisis line at 800-523-3333.