

# 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. Meets 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. Meets 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..

## Support Groups

### 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 led by Jill.

### 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 led by Ben.

### 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.



[https://healthcare.utah.edu/healthfeed/postings/2016/01/seasonal\\_depression1.php](https://healthcare.utah.edu/healthfeed/postings/2016/01/seasonal_depression1.php)

If you have any ideas or groups that you may be interested in, please talk to Kaitlyn the Care Coordinator.

### 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.