Bridgeview 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 Laura, CPSS

Anger Management (Women & Men's)
Intake required. These are billable groups. Will meet for 20 weeks. These groups focus on anger management skills. Therapist facilitated.

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

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. Billable. Therapist facilitated.

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

Hoarding Group
Intake required. Will meet for 10 weeks. This group focuses on hoarding. Please call BV if interested. Therapist facilitated. Billable.

Gardening & Well-Being Group
Group members will participate in growing a garden while learning about the various aspects of well-being. This group will explore the importance of stress reduction, exercise, diet, being part of a community, and more for overall well-being. Will start the end of April and go through August. Will meet on Thursday's 10-12 pm.

Employment Exploration Group
This group focuses on building a resume, interviewing skills, assertiveness in the workplace, etc. This group will meet the 1st and 3rd Wednesdays at 1:00. On hold.

Symptom Mgmt Using Creativity
This group focuses on the benefits of using creativity including arts and crafts to cope with mental health symptoms. Billable. Thursday's 10-12 pm. Therapist facilitated.

Women's Therapy Group
This group is for women and will focus on the exploration of identity and finding a purpose in life. Billable. Meets Tuesdays from 1:30-3pm. Facilitated by Lindsey.

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.

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

Dual Diagnosis Group
This group is for those who are struggling with both mental health concerns and chemical dependency. Intern 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 facilitated by Jill.

Needlepoint Group
Meets 1st and 3rd Thursdays at 1:30 pm. Member facilitated by Kerry. Group focusing on sharing of needlepoint skills.

Gratitude Journaling
First and third Mondays at 2:00pm and second and fourth Thursdays at 1:30pm. It allows a person to experience the good things in life. Staff facilitated by Laura, CPSS II.

Spanish Language Group
This group focuses on learning the basics of Spanish. Open to all members of all abilities. Member facilitated by Maria.

Healthy Lifestyles Group
This group will focus on diet, exercise, and making other healthy choices! This group doesn't just talk about it—they do it! For the second half of the group, they go for a walk!

Healthy Relationships
A support group emphasizing healthy communication styles, boundaries, and much more! Meets on Thursdays at 11:00 am.

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.

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, CPSS II.

Role Play Group
This group focuses on role play games such as Dungeons and Dragons. Meets Fridays from 1:00-2:30 PM. Member facilitated by Ben.

Mental Health Support (time change)
Peer support, education and encouragement. Meets Tuesdays from 12:30-1:20 pm and Thursdays 12:00-1:00 pm. Staff (CPSS II) 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! Intern Facilitated.

Grief and Loss Group
Will meet the 2nd and 4th Mondays at 2:00PM. Intern facilitated.

Cross-stich Group
Will meet the 2nd and 4th Wednesdays at 11:00. Member led. All skill levels welcome!