

# 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 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. Billable.

## 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 of book is \$10. Therapist facilitated. 15 week commitment.

## Hoarding Group

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.

## Symptom Mgmt Using Creativity

This group focuses on the benefits of using creativity including arts and crafts to cope with mental health symptoms. Billable. 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 10:30-12. Currently on hold.

## 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.

## CBT and Stress Management Group

An 8 week group that focuses on holiday stress, warning signs of stress, causes of stress, how stress impacts overall well-being, and healthy ways to cope with stress. Thursdays 1:00 -3:00.

## 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.

### Needlepoint Group

All skill levels welcome. A fun time to build friendships and learn a new skill. Member led.

### Gratitude Journaling

This group allows a person to experience the good things in life. Staff facilitated by Laura.

### Spanish Language Group

This group focuses on learning the basics of Spanish. Open to all members of all abilities. Member led.

### 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. Staff facilitated.

### 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.

### Role Play Group

This group focuses on role play games such as Dungeons and Dragons. Meets Fridays from 1:00-2:30 PM. Member led.

### Mental Health Support (time change)

Peer support, education and encouragement. Meets Tuesdays from 12:00-1:00 pm and Thursdays 12:00-1:00 pm. Staff Facilitated.

### 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 Monday of May at 2:00PM. Intern facilitated.

### Cross-stitch Group

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

### Book Club

Anyone is welcome to join at any time! Your ideas and input are welcome. Member led.