



## Turning Point Community Programs – CORE Rosin

# CORE Wellness Center

## Group Catalogue Fall 2023

### **“Observe & Take Action/Safe Zone”**

#### *Anxiety Support Group*

Designed to assist participants to increase their ability to manage the influence of various life stressors. The facilitator directs the discussion with the intent of enabling participants to identify, monitor, and cope successfully with worries and anxiety caused by life experiences.

### **“Embracing Fear”**

#### *PT.SDGroup*

A trauma focused group offering coping skills and techniques to utilize when one might be stimulated from past traumatic experiences. Discussion regarding PTSD, flash backs, vicarious trauma and living with re-occurrences of events that may be challenging.

### **“Overcoming Addiction”**

#### *AOD/SUD*

Coping skills are shared and activities are offered to support those in long term recovery or newly in recovery. Understanding the addiction process and challenges with stressors and how to cope when challenges are presented.

### **“Never Alone”**

#### *Depression Support Group*

Participants share coping strategies with each other. This feeling of connection greatly assists clients with processing their current feelings, thoughts, and triggers. Learn how to have a positive outlook and how to manage symptoms of depression.

### **“Healthy Boundaries”**

#### *Building Boundaries Group*

Learn to re-build healthier boundaries with others. Practice enforcing boundaries and getting your needs met to sustain wellness. Participants are invited to share their personal experiences, participate in discussions, and engage in feedback from peers.

### **“Self-Compassion”**

This group will support members exploring self-acceptance and self-love by practicing mindfulness, connectedness, and kindness. This will be done by practicing mindfulness, connectedness, and kindness. The goal in this group is to return a place of being connected with oneself.

### **“Finding Balance”**

#### *State of Mind Support Group*

Participants are invited to share about their mood disorder experiences and/or current life issues. When done sharing, participants may choose to receive feedback from other participants about the experiences they've had with symptom management. Participants will also learn to utilize coping strategies to manage their symptoms.

### **“Keep your Cool”**

#### *Anger Management Group*

Our discussion is based on the principle that mindfulness and compassion can free you from anger and bring peace to your life. In this group we study weekly topics and offer participants the opportunity to share any struggles they may be having surrounding the barrier of anger. Support and feedback is given if participants request.

### **“Lounge Jam”**

Join the group to express yourself freely, safely, and appropriately by sharing each other's favorite song or music and create a happy and positive safe. This group will also discuss why each song was chosen and will explore how music changes the way we feel.