

Turning Point Community Programs

# CORE Wellness Center

## Group Catalogue

### **KEEPING 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.

### **CREATING A BALANCE**

#### *Mood Regulation 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 have had with symptom management. Participants will also learn to utilize coping strategies to manage their symptoms.

### **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.

### **REMAINING PRESENT**

#### *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.

### **I AM ENOUGH**

#### *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.

## **LIFE MANAGEMENT SKILLS**

### *Activities of Daily Living (ADL's) Group*

Discuss multiple topics to sustain and support yourself. From managing other health conditions to everyday prioritizing daily tasks learn to better your life by making progress when life is challenging.

## **SUPPORTING SOBRIETY**

### *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.

## **LISTEN TO YOUR ART**

### *Poetic Arts (Creative Writing Arts/ Art Group)*

This group offers a creative outlet for all participants to explore their inner thoughts and feelings in a supportive environment. We encourage all forms of art, (writing, painting, coloring, drawing, letters, songs, collective poems, etc.). The group writes for 40 minutes, shares, and offers positive feedback for the last 20 minutes (this last part of the process is optional).

## **JOYFUL LONGEVITY**

### *Senior Group*

This group supports our senior members in the community with resources, sharing information, discussing topics, and community building to assist with keeping our brains sharp and our bodies moving.

## **BINGO**

### *Social Room Activities*

A social group that gives opportunity for fun and sociability with peers in the form of games, trivia, board and tabletop games, movies, or special events.

## **MOVE, MOTIVATE, MAINTAIN**

### *Walking Group*

Stress can leave us feeling irritable and overwhelmed. We can learn to balance our response with nonjudgmental awareness. Through mindful walking activities and meditations, we learn skills that can change the way we manage stress.

## **RISING ABOVE IT ALL**

### *PTSD Group*

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.

## SOARING INTO INCOME

### *Fixed Income Group*

A group setting workshop where members and the community can learn about fixed income and social security benefits. This group will focus on the SSI/SSDI application process, how to overcome denials & appeals, and receive support from peers overcoming their income challenges.

## READY TO RENT

### *Housing Group for All*

A group setting workshop where members and the community can learn about getting advocacy through HMIS, SHRA waitlists, and tenants' rights for self-advocacy. Peers can provide resources for advocacy and shared housing in the community.

## MOMENTS OF TRANQUILITY

### *Self-Compassion/Mindfulness*

This group will support members exploring self-acceptance and self-love by 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.

## 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.

## BUILDING AN UNDERSTANDING

### *Communication Skills*

Members will explore, learn, and development a better understanding of the diverse ways of communicating with others. In this group members will identify different communication styles and practices effective ways to communicate to express themselves in way that is helpful to them. The goal is to support members with articulating their needs by advocating for oneself through communication.

## MENDING OUR HEARTS

### *Grief and Loss*

Individuals will be understanding the grieving process and the emotions that come with it. Members can share life experiences in order to help others discover and share ways to manage grief and loss. This group will help validate the feelings and emotions associated with bereavement, remove the stigma and misconceptions about grief, and have a more compassionate community that recognizes "time won't heal" and no one will "get over" the death or loss of a loved one.