



Clubhouse

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Mindfulness

Participants will learn skills to increase relaxation, decrease stress, and improve cognitive functioning. Mindfulness reduces anxiety, reduces high blood pressure, improves attention, decreases stress, and more.

Participants will practice breathing exercises, meditation, progressive muscle relaxation, visualization, mindful drawing, mindful eating, radical acceptance, positive self-talk, mindful decision making, and more.

Participants will leave group feeling relaxed, self-aware, and grounded in the present.

Coping with Addiction

This group provides a radically accepting environment where participants will learn coping skills for their addiction. Participants will be informed on how addiction develops, what influences addiction, and understand the impact addiction has on their mental, emotional, and physical health. Some topics discussed in group include but are not limited to; symptoms of addiction, stages of change, relapse prevention, managing triggers and cravings, addiction's impact on interpersonal relationships, and emotional responses to addiction.

Self-Care

Participants will explore what self-care is and identify unique self-care activities they enjoy. Participants will learn the importance of self-care and the benefits for their mental health. This group will discuss topics such as dimensions of wellness, creating a self-care plan, rewarding yourself, and types of self-care- physical, emotional, psychological, and spiritual. Participants will leave this group with a sense of self-love.

Coping Through Racism

This group provides an open environment where participants can express challenges they experience due to racism. Racism is a major life stressor that impacts an individual's mental, physical, emotional, professional, and social life. Participants will learn coping skills, resources, and develop strategies to navigate & advocate for themselves in all areas of their life. Topics covered in this group include but are not limited to; types of racism, wrongful incarceration, police brutality, trauma & PTSD, explaining racism to children, workplace racism, microaggressions, community resources, and self-esteem. Racism is not an easily resolved problem, however, through social engagement, peer support, and skill-building, participants will leave this group feeling confident in coping through racism.

Empowered

Participants will explore what it means to be an empowered individual. This group will explore topics such as self-esteem, self-love, self-talk, acceptance, self-forgiveness, anger & resentment, thinking patterns, and boundaries. Through psychoeducation, skill-building, and peer support, participants can be their authentic selves. Participants will leave this group with increased confidence, increased self-awareness, and a dedication towards self-improvement.

Coping Skills

This group is for anyone who would like to improve their coping skills or learn new skills. Coping skills are a variety of methods, activities, and techniques that one can utilize to manage distress such as anxiety, depression, anger, stress, guilt, burnout, conflict, and more. Participants will explore a new coping skill each week and practice the skill to identify what techniques work uniquely to them. This group will provide psychoeducation, peer support, and a primary focus on skill-building. Participants will leave this group feeling accomplished and motivated to utilize their new skills.

Job Skills

Participants will explore the employment process from start to finish. Participants will learn how to search for a job best suited to their skills & preferences, resume writing, successful interview skills, worker's rights, and more. This group will further explore the employee experience by addressing topics such as mental health, work conflict, professionalism, leadership skills, learning styles, resigning, and career building.

Grief & Loss

Participants will enter a warm and supportive environment where they can openly express their emotions, thoughts, and experiences related to loss. We understand the complex, unique, and difficult journey of losing a loved one and working through the grief experienced. Participants will learn how to express grief, work through grief, and how to adjust to life with the loss of a loved one. Topics discussed include but are not limited to steps of the healing journey, mourners' rights, reminiscing, contradicting emotions, self-care, holidays and anniversaries, support systems, and coping skills.

Social Skills

Participants will learn how to develop, establish, and maintain healthy relationships. Participants will learn the qualities of a good friend, how to strengthen a friendship, appropriate socialization skills, and more. This group provides participants with social interaction, psychoeducation, and skill-building support. Some topics discussed in this group include but are not limited to; manners, appropriate humor, communication styles, listening skills, boundaries, social anxiety, conflict resolution, social gatherings/activities, and more.

Managing Thoughts

Participants will explore their thinking patterns and how thoughts can influence emotions and behaviors. Automatic negative thoughts can be intrusive and difficult to detect without a thorough understanding of the types of negative thinking patterns. Participants will learn to identify these patterns, understand the development of the pattern, dispute negative thoughts, and learn healthier ways of thinking. Some topics discussed include but are not limited to cognitive distortions, reframing, distress tolerance, mindfulness, self-awareness, problem-solving, and defusion.

Creatively Coping

Participants will learn how to express their thoughts & feelings through creative expression. Creative expression includes drawing, coloring, symbolism, crafts and more. Participants will learn how to express themselves through visual representation. This group will discuss topics such as diverse types of art, growth, self-love, awareness, connection, and more. This group will also utilize mindfulness to balance the experience of positive and negative emotions.

Stress Management

In this group, participants will develop an in-depth understanding of stress and how to manage it. Participants will learn the various ways that stress develops while exploring how it manifests uniquely to them. Each week this group will discuss a different coping mechanism to manage stress and engage participants in an activity to practice said skill. This group will explore topics including but not limited to body awareness, breathing exercises, meditation, assertiveness, exercise, and negative thinking patterns.

Healthy Relationships

Participants will explore the characteristics of healthy vs unhealthy relationships while learning skills to develop and maintain a healthy relationship. This group will discuss a variety of relationship dynamics such as romantic relationships, friendships, professional, family, and more. Participants will receive psychoeducation, peer-support, and skill-building services. This group will explore topics such as relationship flags, relationship barriers, romantic love, love languages, communication skills, conflict resolution skills, boundaries, attachment styles, and more.

Managing My Emotions

This group is for anyone who experiences emotions intensely and/or has difficulty coping with their emotions. Participants will enter an understanding and open environment where they can learn how to increase their emotional regulation skills. Some topics this group will explore include but are not limited to mindfulness, distress tolerance, emotional awareness, interpersonal effectiveness, and radical acceptance. Participants will leave this group with a greater understanding on how to cope, manage, and express their emotions in a healthy way.

Adult – Transitioning to College

Participants who are interested in returning to college will enter an open environment where they can comfortably express challenges unique to those going back to school in middle adulthood. This group teaches participants how to prepare for college and provides information on a variety of topics including but not limited to; comparing colleges & instructional styles, scholarships & grants, loans, study skills, degree requirements, and educational support services. Participants will learn how to avoid common pitfalls encountered when returning to school including financial aid, time management skills, formatting papers, and juggling life responsibilities. Participants will learn coping strategies and problem-solving skills to be successful in their educational goals.

Healthy Habits

Participants will learn how to develop healthy habits to live a happy, successful, and fulfilling life. We will explore how negative habits develop, how to break unhealthy habits, and how to effectively establish new habits. Through psychoeducation, peer support, and actively practicing new skills, participants will learn how to develop into their ideal self. Topics discussed in this group include but are not limited to; procrastination, motivation, environment, mindset, behavioral patterns, accountability, and identity. Participants will leave this group feeling knowledgeable on how to live a healthy lifestyle and confident in applying real-world life skills.

Resiliency

Participants will explore what it means to be resilient through mental health and personal hardships. Participants will learn how to develop and utilize skills beneficial in recovering & coping from stress, trauma, and adversity. This group will allow participants to learn their unique response to stress as well as how to adapt during life challenges.

Participants will have the opportunity to explore self-esteem, mindfulness, self-development, awareness, and their core beliefs that may influence the way they respond to stress. Participants will leave group feeling confident in their ability to survive and thrive through any challenges they experience.

Spirituality

Participants of any religious or spiritual beliefs enter a warm and accepting environment to connect with themselves, others, and their beliefs. Participants will explore topics such as forgiveness, acceptance, awareness, healing, connection, compassion, values, and more. This group focuses on psychoeducation, peer support, skill-building, and self-growth. Participants will leave feeling connected, supported by a community, and self-aware.

Men's Group

In this group, Men will enter an accepting and open environment where they can express unique challenges they experience. Participants will have the opportunity to share their thoughts and feelings without fear of judgement or being perceived as weak. Some topics discussed in this group include but are not limited to; gender roles, fatherhood, relationships, emotional expression, stigmas & stereotypes, masculinity, identity, and social life. Through peer support, participants will gain a sense of community and identity as a man.

Communication Skills

This group will explore healthy communication and the participants' ability to develop new skills that will improve their interpersonal relationships. Topics that will be explored in this group include communication styles, assertiveness, communication barriers, nonverbal communication, feedback/criticism, and more. This group will provide psychoeducation, peer support, skill building, and social engagement to enhance the participants' ability for active communication.

Mental Health POC

This group provides a safe and genuine environment where participants can openly express unique mental health challenges POC experience. Participants will identify and discuss key concerns as to why POC may not utilize mental health professionals. Through education regarding services & self-advocacy, we will alleviate some concerns. Participants will develop an understanding on how mental health support can improve their quality of life. After each meeting, participants will feel confident in new skills to address their mental health concerns. Mental health challenges are ever present, however through peer support, psychoeducation, and skill-building, group members will gain a sense of community and strength in addressing these challenges.

Attacking Anxieties

Participants will explore how to de-escalate their anxiety by developing individualized coping skills. This group will discuss topics including but not limited to understanding our anxiety, transforming negative thinking patterns, perceived threats, physical responses to anxiety, problem solving and more. This group can benefit those who experience anxiety in a variety of situations. Participants will leave group feeling supported, maintaining an increased awareness of their anxiety and how to conquer their anxiety through positive change.

Youth - Managing My Emotions

Youth ages thirteen to seventeen will enter a safe and nonjudgmental environment where they will learn how to be aware of, cope, and express their emotions in healthy ways. Topics discussed include relationships, break-ups, identity, self-awareness, school stressors, and social media.

The goal of this group is to assist participants in developing skills to manage their emotions as they go through the ups and downs of teenage years. Participants will develop these skills by learning about mindfulness, emotional awareness, healthy relationships, stress management and thinking patterns.

Young Adult – Transitioning to College

Transitioning to College for young adults is a group for those who recently graduated high school or earned their GED within the past five years. This group is an open environment where participants can learn how to prepare for college & learn information on a variety of topics including comparing colleges, study skills, degree requirements, and educational support services.

Participants will learn time management skills, goal setting, and how to thrive during this significant life transition. Participants will explore coping strategies to prepare for the independence and new responsibility that come along with being a college student.

Youth - Social Skills

Due to the pandemic, many children were unable to gain valuable social skills through interactions at school. In this group, children ages ten to thirteen will learn how to develop, establish, and maintain healthy friendships with other kids. Youth will learn qualities of a good friend, how to strengthen friendships, appropriate socialization skills, and more. Some topics discussed include but are not limited to; manners, appropriate humor, communication skills, listening skills, boundaries, social anxiety, conflict resolution, and teamwork. Through interactive games and lessons, participants will practice the valuable socialization skills to become a healthy friend in their community.

Youth - Coping Skills

Youth between the ages thirteen to seventeen will enter an open and accepting environment where they can learn effective coping skills to manage everyday stressors. Coping skills are a variety of methods, activities, and techniques that one can utilize to manage distress such as anxiety, depression, anger, stress, guilt, conflict, and more. Participants will explore a new coping skill each week and practice the skill to identify what techniques work uniquely for them. Some topics discussed include but are not limited to; self-care, thinking patterns, hobbies, self-awareness, releasing tension, and positive & negative coping. Participants will leave this group feeling accomplished and motivated to utilize their new skills.

Youth - Creatively Coping

Youth ages thirteen to seventeen will learn how to express their thoughts and feelings through creative expression. Creative expression includes drawing, crafts, collages, and symbolism. This group explores different kinds of emotions to learn ways to interpret, process and express them through creativity. Regardless of artistic ability, participants will create unique visual representations of personal experiences and emotions. This group will give youth an opportunity to reflect on growth, social connection, self-awareness, identity, and emotional highs & lows. Participants will leave group feeling fulfilled from expressing their emotions through artistic coping skills.