

- ACT 101 Monday 2-3PM** An introduction to Acceptance & Commitment Therapy (ACT). Developed as a behavioral intervention to help people learn strategies to live life more in the present, more focused on important values & goals, & less focused on painful thoughts, feeling & experiences. ACT teaches people how to engage with & overcome painful thoughts & feelings through acceptance & mindfulness techniques, to develop self-compassion & flexibility, & to build life-enhancing patterns of behavior.
- Recovery at Ease Tuesday 3-4:30PM** This is an experiential, participatory group where relaxation exercises & stretching are learned & practiced as a way to ease into the present moment to experience peace of mind as well as the scientifically proven benefits of meditation, relaxation, & physical movement to the body's stress response. During the group, participants are asked to lie on their back on the ground for 30-45 minutes as well as do simple stretching exercises.
- Trauma Group Education Wednesday 2:30-4PM** This group is designed to educate persons with this prevalent & difficult-to-treat dual diagnosis, to establish safety - to work toward discontinuing substance use, letting go of dangerous relationships, & gaining control over such extreme symptoms as dissociation & self-harm. There are 25 rotating group topics in this group, addressing a range of different cognitive, behavioral, & interpersonal domains. Each topic provides highly practical tools & techniques to engage clients in treatment; teach "safe coping skills" & restore ideals that have been lost, including respect, care protection, & healing.
- Breaking Barriers Thursday 5:30-6:45PM** This group is designed to break through the barriers that families often face when encountering addiction. Often as the individual makes changes, the system that was supporting the addiction remains the same & can become a challenge during early recovery. This group will help address the systemic dynamics that support addictions & assist in making changes that provide **necessary** support for the individual & the family during the early stages of recovery. This group is also open to family & friends of enrolled clients.
- Co-Occurring Disorders/COD Tuesday 1-2:45PM** This group provides basic education about mental health conditions & their relationship to substance use disorders. Every week we define, discuss the prevalence, the reason for their relationship & their implications for integrated treatment. We learn feeling management through an extended check in exercise & learn specifics about COD management in a question & answer format.
- Design for Living Tuesday 5-6PM** Utilizing wellness & strength based approaches; this group provides information & tools to enhance well being in eight domains of life: physical, emotional, mental, spiritual, social, occupational, financial, & environmental. Each week, we explore information about a specific domain, how it relates to both substance use disorders & to our personal lives. Most importantly, we discuss strategies to improve the quality of our own lives in each domain.
- Recovery Enhancement Thursday 3-4PM** Rotating topics that provide a means for participants to develop better coping strategies that will serve to improve outcomes through re-framing & various relapse prevention concepts. Each week we define & discuss the topic in a strengths-based context. Participant feedback is encouraged & many of the concepts serve as a launching board to additional services & opportunities both within the agency & outside in the community. Examples may include opportunities to enroll in MBRP or strategies for developing more supportive peer groups.
- Mindfulness Based Relapse Prevention (MBRP) Wednesday 5:30-7PM** MBRP is an experiential group that provides education & practice on mindfulness skills. We practice techniques that foster present moment awareness, which has shown to reduce stress/anxiety/anger & allow for more effective management of cravings. Topics include observing negative thoughts, self-compassion, acceptance, present moment awareness, & coping with high-risk situations.

Additional Free Groups for Private Pay, Insurance, Family, and Friends

- Daily Mindfulness Meditation Daily/Monday-Friday 11:35-11:50PM** - Attendees participate in a short period of guided mindfulness to enhance present moment awareness and reduce stress.
- Family & Friends Recovery Group Monday 6-8PM** - For family members and friends of individuals who live with a substance use challenge. Substance use doesn't just impact the person who abuses alcohol or uses drugs. Family and friends need their own recoveries for this situation.
- Women's Recovery Group Wednesday 2-4PM** - For women who seek shared experiences, friendship and support in recovery.
- Communication & Problem Solving Workshop Thursday 12-1PM** - Participants, and/or family and friends learn more effective ways to ask for what they want and to break big problems into doable parts.
- Family & Friends Seminar First Saturday of the Month 1-3PM** - Once a month Saturday group to support family members/friends in understanding substance use disorders and developing coping skills.