

Group	Description
Artistic Healing (Art Hour)	An alternative means of healing from our usual group talk, usually through art. Activities may include: painting, drawing, meditation, walks outside, etc.
Back to Work	Employment specialists from Ability Beyond address members' employment needs and provide support. If they qualify, members can also obtain information on joining the Ability Works program.
Better Days	This group utilizes a mental health recovery workbook to assist members in furthering their recovery. A brief passage is read, the group responds to the questions related to the passage and share their personal experiences.
Building Esteem	This group teaches members about self esteem. What it is, learning to believe that you deserve love, and valuing your own thoughts, feelings, opinions and goals.
Chat & Snack	An opportunity to share our upcoming weekend plans or accomplishments of the week with peers over a light snack.
Community Meeting	A weekly meeting to make announcements that affect aspects of programming and environment. This also gives members the opportunity to share their own announcements, ideas, issues, and concerns.
Coping with Anxiety	A support group focused on learning more about ourselves and our diagnoses, as well as providing support to our fellow members.
Coping with Depression	A support group for people who experience depression. We help each other with our diagnoses and any issues we may be face due to depression.
Diversity Matters	An informational group that explores and celebrates various cultures and people from around the world.
Food and Nutrition	A support group that focuses on current health trends, facts vs. myths, and healthy eating.

Games	HAVE FUN! Bingo, Left Center Right, Pictionary, Nintendo Wii, Trivia.
Hot Cocoa and Cookies	A cozy gathering of friends sharing hot chocolate and cookies.
Interpersonal Skills	A support group geared toward learning how we can better interact with our friends, family, and members of the community.
Jewelry Making Class	A class that provides materials to create independent jewelry projects. In addition, members are able to utilize other craft resources to work on individual projects such as knitting, adult coloring, painting, etc.
Karaoke	No talent needed! A fun group in which members can sing their favorite tunes.
Lunch	Lunch is offered twice per week.
Me and My Mental Health	A support group with topics ranging from mental health diagnostic criteria to mental health coping strategies. The group facilitator will assess the needs of members to determine appropriate topics. New topics will be introduced each week and the facilitator will assist members in engaging in discussion regarding topic.
Muffins and Coffee	Start your Wednesday morning off with a nice treat.
Open Advisory Meeting	A monthly meeting which provides members an open forum to discuss with management and staff any issues, concerns, or ideas they may have. The goal is to problem-solve and reach agreeable solutions.
Positive Thinking	This support group focuses on how positive outlooks influence all aspects of wellness, including: emotional, spiritual, mental, and physical.

Practicing Assertiveness	Practicing Assertiveness teaches verbal and behaviorial skills which an individual can use to communicate more effectively in order to get their needs met.
Tae Kwon Do	An opportunity to form self defense skills and a chance for some physical exercise. Tae Kwon Do focuses on effort and concentration and is a great opportunity to progress through the belt ranks.
The Center for Empowerment and Education	A representative from what was formerly known as the Women's Center, comes in once a month to run a co-ed group that focuses on relationship skills.
Today in History	A Saturday only group where we share facts, trivia and state laws from the past and have fun with the goofiness of them all.
Trips/Activities	Staff provide transportation to a destination of members' choosing on Wednesday afternoons and Saturday mornings.