

| Group                       | Description                                                                                                                                                                                                                                                                                                                                                        |
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| 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.                                                                                                                                                                                                         |
| Art Show Prep!              | Get inspired and start creating for the upcoming Art Show! Each week, you can participate in a featured art project or work on a creation of your own. Whether you're trying something new or continuing a favorite piece, this group is a fun opportunity to express yourself.                                                                                    |
| 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.                                                                                                                                    |
| Breakfast Club              | Join us for free, fresh-made pancakes, fruit cocktail, and orange juice. Break your fast with great company!                                                                                                                                                                                                                                                       |
| Building Esteem             | Develop a stronger sense of self-worth and confidence in a supportive environment. This group explores what self-esteem is, why it matters, and how it influences our daily lives.                                                                                                                                                                                 |
| Cinnamon Rolls              | Start your morning right with hot fresh cinnamon rolls and a cup of coffee.                                                                                                                                                                                                                                                                                        |
| Communication Corner        | Learn skills to communicate effectively.                                                                                                                                                                                                                                                                                                                           |
| 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.                                                                                                                                                                  |
| Cookie Collective           | Have a mid afternoon snack of yummy cookies.                                                                                                                                                                                                                                                                                                                       |
| Coping with Anxiety         | Living with anxiety can be challenging, but you don't have to navigate it alone. This supportive group offers a safe and welcoming space to share experiences, learn from one another, and build practical coping strategies.                                                                                                                                      |
| Coping with Depression      | You don't have to face depression alone. This supportive group provides a safe, welcoming space for individuals living with depression to connect, share experiences, and encourage one another.                                                                                                                                                                   |
| Developing Confidence       | This group is designed to support individuals in strengthening self-esteem by exploring and applying principles of professionalism in everyday life. Through guided discussions and practical exercises, participants will learn how presentation, communication, and self-awareness can positively shape how they see themselves and how they engage with others. |

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| Diversity Matters                  | An informational group that explores and celebrates various cultures and people from around the world.                                                                                                                                                                                                                            |
| Ice Cream Sandwich Social          | Participants can grab an ice cream sandwich, sit back, and enjoy casual conversation, laughter, and community.                                                                                                                                                                                                                    |
| Follow Your Art                    | Use our art supplies to express your creativity.                                                                                                                                                                                                                                                                                  |
| Food and Nutrition                 | Stay informed and take charge of your well-being! This support group explores current health topics, separates facts from myths, and encourages healthy lifestyle choices.                                                                                                                                                        |
| Games                              | HAVE FUN! Bingo, Left Center Right, Pictionary.                                                                                                                                                                                                                                                                                   |
| Karaoke                            | No talent needed! A fun group in which members can sing their favorite tunes.                                                                                                                                                                                                                                                     |
| Hot Cocoa & Chocolate Chip Cookies | If you happen to like chocolate ...                                                                                                                                                                                                                                                                                               |
| 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. |
| Midweek Munchies                   | Middle of the week got ya down? Come enjoy a sweet treat and spend time with friends. A little sugar, a little laughter, and a lot of good company.                                                                                                                                                                               |
| Nintendo Wii                       | Have fun with friends while playing classic Wii games! Bowl, golf, play tennis, and more. No experience needed—just bring your competitive spirit and get ready to have a great time!                                                                                                                                             |
| 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.                                                                                                                             |
| Open Art                           | Open Art is a relaxed, creative group where you can explore your imagination freely using a variety of art supplies. Whether you enjoy drawing, painting, coloring, or crafting, this is your space to create whatever inspires you—no rules, no pressure.                                                                        |
| Party Games                        | Get ready for laughter, friendly competition, and lots of fun in our Party Games group! This group is all about coming together to enjoy classic and interactive games with friends in a relaxed, upbeat environment.                                                                                                             |
| Positive Thinking                  | Discover how cultivating a positive mindset can support your overall well-being. This support group explores the connection between positive thinking and the many dimensions of wellness, including emotional, spiritual, mental, and physical health.                                                                           |

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| Practicing Assertiveness                 | Learn the verbal and behavioral skills needed to communicate clearly, confidently, and respectfully. This group focuses on building assertiveness by helping participants express their thoughts, feelings, and needs in healthy and effective ways.                                                                                                                                                                               |
| Sit & Stretch                            | Sit & Stretch is a gentle, guided movement group designed to help you relax your body, improve flexibility, and feel more connected to yourself—all while staying seated or using light, supported movements.                                                                                                                                                                                                                      |
| The Skills Studio                        | Curious about Dialectical Behavior Therapy (DBT)? This introductory group is a great place to learn! Explore the core concepts of DBT while building practical coping skills and increasing mindfulness. Each week, we'll introduce a new DBT skill, followed by a supportive group discussion where members can share insights, ask questions, and learn from one another.                                                        |
| Social Skills                            | A support group geared toward learning how we can better interact with our friends, family, and members of the community.                                                                                                                                                                                                                                                                                                          |
| Tae Kwon Do                              | Build confidence while learning practical self-defense skills in a fun and supportive environment. This group combines physical exercise with the principles of Tae Kwon Do, emphasizing focus, discipline, effort, and concentration. Whether you're just starting out or continuing your journey, you'll have the opportunity to develop new skills, improve your fitness, and progress through the belt ranks at your own pace. |
| The Center for Empowerment and Education | Once a month, a representative from the organization formerly known as the Women's Center leads this engaging co-ed group. Each session explores a different topic designed to encourage meaningful conversation, build awareness, and provide practical tools in a supportive and respectful environment. Everyone is welcome to participate, share their perspectives, and learn together.                                       |
| Trips/Activities                         | Staff provide transportation to a destination of members' choosing on Monday afternoons and Saturday mornings.                                                                                                                                                                                                                                                                                                                     |