

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:10-9:50 Icebreaker Minnie/Denise</p> <p>10:10-10:50 Relationships & Communication Bill/Hao</p> <p>11:10-11:50 Relapse Prevention Paul/Bill</p> <p>2:10-2:50 Hacks, Humor & Updates Paul/Thuy</p> <p>3:10-3:50 Men's Group Hao/Bill</p> <p>4:10-4:50 Dual Recovery Bill/Paul</p> <p><u>To join a group via phone (TC), call our front desk to obtain the teleconference phone number and access code.</u></p>	<p>9:10-9:50 Icebreaker Denise/Jamie</p> <p>10:10-10:50 Philosophy Jamie/Paul</p> <p>11:10-11:50 "Viet" Independent Living Skills <i>Kỹ năng sống độc lập</i> Hao/Thuy</p> <p>2:10-2:50 Social Time Minnie/Carole</p> <p>3:10-3:50 "Viet" Poetry Garden & Fables <i>Vườn thơ & Truyện cổ tích</i> Thuy/Hao</p> <p>4:10-4:50 NAMI Connection Minnie /Hao</p> <p><u>Check out our website for important center updates, community resources and our interactive blog!</u></p>	<p>9:10-9:50 Icebreaker Jamie/Bill</p> <p>10:10-10:50 Life Skills Denise/Minnie</p> <p>11:10-11:50 Enlightenment Jamie/Paul</p> <p>2:10-2:50 Community Meeting Open forum</p> <p>3:10-3:50 Employment Denise/Carole</p> <p>4:10-4:50 Animal Alley Carole/Minnie</p> <p><u>Sign up for our email blast for important community resources and updates.</u></p>	<p>9:10-9:50 Icebreaker Hao/Minnie</p> <p>10:10-10:50 Life Enhancement Bill/Paul</p> <p>11:10-11:50 Short Stories Minnie</p> <p>2:10-2:50 Social Time Minnie/Bill</p> <p>3:10-3:50 Anger Management Howard/Paul</p> <p>4:10-4:50 The Poet's Society Carole/Jamie</p> <p><u>For appointments with our Employment and Volunteer Specialist, ask for Denise. For appointments with our Education Specialist, ask for Carole.</u></p>	<p>9:10-9:50 Icebreaker Paul/Hao</p> <p>10:10-10:50 **Art of Self-Care Denise/Minnie</p> <p>11:10-11:50 Women's Group Carole/Minnie</p> <p>2:10-2:50 Hacks, Humor & Updates Carole/Denise</p> <p>3:10-3:50 DBSA Group Howard/Bill</p> <p>4:10-4:50 Power of Positivity Carole/Howard</p> <p>Key: **New Group Returning Group Time/Facilitator Change</p> <p>Stay Safe!</p>

Emotional support groups -To aid members with establishing their own ability to cope, understand themselves, connect with others, and address their own recovery goals.

Anger Management - Members will use positive thinking while working around triggers; learn coping skills through making change in their behavior by positive choices.

DBSA Group-- DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders.

Decision Making Employment- This class includes a series of classes requiring active participation and will cover the following topics: personal assessment of previous work experience; a decision tree to aid in the assistance and discovery of career goals, possible further education plan, master application, resume, cover letter, follow up thank letter, telephone etiquette, and professional interview practice. Part 2 (workshop labs) will involve being in the computer lab to apply, research, and work preparations.

Family Talk- Members will learn and discuss relevant topics on family dynamics, challenges, and learn how to communicate with family members and to not hold resentments.

“It’s All About You” Men’s Group - This group is an open forum to share ideas, concerns, and solutions specifically towards men.

Life Enhancement- This group aims to help members to improve their self-development and processes wherever they’re at with their journey in life. Some topics include: Self-esteem building, Self-worth, Effective Communication, Irrational Guilt, etc. and members will apply CBT techniques for problem solving.

NAMI Connection- NAMI Connection is a weekly recovery support group for people living with mental illness in which people learn from sharing experiences and coping strategies in a positive and supportive environment. Please be on time.

Power of Positivity -positive thinking self-help platform with topics on inspiration, lifestyle, health, spirituality, relationships & more.

Relapse Prevention- Members learn about the causes of relapse and to utilize coping skills for maintaining recovery.

SELF- Members will find ways to provide a positive and supportive outlook on life, learn new coping skills and develop good habits along the way by focusing on themselves.

W.O.W. – “Wisdom Over Worry” Women’s Group – This group is an open forum specifically for women from all walks of life to share ideas, concerns, and wisdom from their daily decision making. The focus is to reframe any negative thoughts, excessive worry into positive thinking, feeling, and healthy practices.

Spiritual Groups -Designed to assist members with finding their own personal peace and tranquility while addressing overall member goals related to values and well-ness:

Dual Recovery - An interactive group for members to support each other and share their experiences for overcoming the challenges of mental health and addiction.

Enlightenment- this group helps members gain self-awareness and evolve spiritually; topics include compassion, forgiveness, hope, joy, hospitality, etc.

Philosophy - To help members learn how to develop solutions to problems. Members will improve communication skills, develop persuasive skills, and understand the beliefs of others through dialogue sharing.

The Poet’s Society - Explore why poetry is important and practice the craft of writing poetry.

Social Groups- Provide our members with the opportunity to establish and maintain healthy, positive and lasting relationships with their friends and families while addressing overall member goals related to indoor recreation and community involvement:

Animal Alley – Members will talk about their pets, stories in the news, nature articles, anything about animals

Community Meeting – This important weekly meeting is for all members to learn more about the center as they get updates on the center, different activities and groups, and events that are going on in the community. Members also get to meet the staff and interact with them

Icebreakers- Members will gather together to discuss their day and plans for the daily events at the center

Hacks, Humor & Updates- Interactive socialization time between staff and members to share jokes, riddles, uplifting news, and tips to survive and thrive.

Life Skills- Members learn new skills and ideas that will help add quality to their life and share their own wisdom among group discussion. Life skills include ways to manage time productively, shop wisely and budget effectively; as well as organizing, housekeeping, care maintenance, and more!

Social Time - Members will engage in social interaction in a group setting with fun competition

“Viet” Independent Living Skills (Kỹ năng sống độc lập)- Members will learn how to have the ability to examine alternatives and make informed decisions and direct their own life’s. Các thành viên sẽ học cách kiểm tra các lựa chọn thay thế và đưa ra quyết định sáng suốt và định hướng cuộc sống của chính họ.

“Viet” Poetry Garden & Fables (Vườn thơ & Truyện cổ tích)-Fun interactive social time to share poetry and fables from around the world. Thời gian tương tác thú vị để chia sẻ thơ và truyện ngụ ngôn từ khắp nơi trên thế giới.

Physical Groups- Designed to promote the ability to strive for and achieve a healthy quality of life, while addressing overall member goals related to physical health, nutrition, and overall well-being:

The Art of Self-Care- Members are encouraged to practice tips on sterilization, public sanitation and self-care rituals to build individual confidence and self-esteem.