

CSRLC Brief Group Descriptions:

Mondays:

Pathways To Recovery 11:00 am

This group explores Motivational Mondays! Group discusses how to motivate and support each other in different activities, such as getting started on a task/project, setting aside time for self-care, or making time for leisure and fun. Facilitators will share and play one or 2 songs where participants may work on their chosen activity or simply listen to the music.

Happiness and Wellness 1:00 pm

This group provides journaling or conversational prompts where participants can write/draw and share, if they want to.

Tuesdays:

Light Moves 1:15pm

This group involves meditation and listening to music.

Health Adventures 2:00 pm

This group covers range of health topics, from changing negative thoughts to positive thoughts, self-care, sleep, food, exercise etc. It is similar to a support group.

Facilitator helps participants think of 3 action steps they can take to make a change, if a person wants that kind of support.

Wednesdays:

NAMI Connections 10:30am

General support group where participants can check in about their week and get feedback from the group if they would like.

Transitions 1:00pm

Support group that focuses on managing changes in life. Group discusses coping strategies for handling stress and change, not specific advice.

Fridays:

NAMI Connections 10:30am

General support group where participants can check in about their week and get feedback from the group if they would like.

Building Connections 1:15 PM

This group is in the style of “social conversation and chat” – as we build social connections with each other.