

Communications

Participants focus on the communication skills that are needed for healthy relationships and explore how to determine when relationships are unhealthy.

Art Therapy

Therapeutic art expression through various mediums such as clay, sculpture, watercolor, gouache, collage, charcoal, fabric, and papier-mâché.

Nutrition

Practical education and hands-on instruction regarding nutrition and its effect on mental health.

Mindfulness

Combines Cognitive Behavioral Therapy tools with mindfulness-based practices and techniques from various models, and various meditation practices.

Reflections

Participants check in, and get feedback from the community. Was there improvement? What mistakes were made? Support can be given to challenge thinking errors.

WEEKLY CLINICAL GROUPS

Initiative Group

Emotions are processed by using a variety of modalities to build connections and provide participants access to what they're feeling and thinking.

Identity Development

Participants are taught about the complex manner in which humans establish a unique view of self, values, and personality development.

DBT

Participants learn a wide range of skills that focus on regulating intense emotions according to Marsha Linehan's evidence-based therapy.

Recovery / Mindset

Combining research on brain science and various forms of interaction & engagement, we discuss foundational principles & objective resources that lead towards a path of recovery.

Resiliency

Resiliency is built through self-awareness, mindfulness, self-care, positive relationships & purpose. Participants are taught skills to build up their resiliency.