

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Cathy will be out of the office from June 13th and will return on July 5th		13 10-11 Art Group (Michelle) 11-12 Goals Greg Steve Will support 2-3 Woman's Group	14 11-12 Problem Solving (Trina) 1-2 Who Am I (Elizabeth)Anita will support 2-3 On A Good Note (Olivia) 3-4 Life Skills (Olivia)	15	16
17	18 9 - 10 Straight Talk (Thomas PR) 10 - 11 Recovery Thru Self Care (Katrina) (PR) 11-12 Detox From Anger (Olivia PR) 12-1 Healthy Boundaries (Olivia)Daveion 1-2 Make Life Great (Olivia) (PR) 2-3 Housing (Alyna)	19 11 -12 Triggers (Trina) 1 - 2 Don't Sweat the Small Stuff(James) Daveion will support 2-3pm Dancing Through Recovery (Yalonda) Sharon from RC will support	20 10-11 Art Group (Michelle) 11-12 Goals (Greg) Keith will support 12-1 Got Games (Gregory PR) 1-2 Dual Diagnosis (Dana PR) 2-3 Woman's Group (Amelia) Rhasheda will support	21 11-12 Problem Solving (Trina) 1-2 Who Am I (Elizabeth) BLANCA Will support 2-3 pm On A Good Note (Olivia) 3-4 Life Skills (Olivia)	22	23
24	25 9 - 10 Straight Talk (Thomas PR) 10 - 11 Recovery Thru Self Care (Katrina) (PR) 11-12 Detox From Anger (Olivia PR) 12-1 Healthy Boundaries (Olivia)Julie 1-2 Make Life Great (Olivia) (PR)	26 11 -12 Triggers (Trina) 1 - 2 Don't Sweat the Small Stuff(James) Daveion will support 2-3pm Dancing Through Recovery (Yalonda) Sharon from RC will support	27 9 am Community Meeting 9 -10 Men's Group (Dana PR) 10-11 Art Group (Michelle) 11-12 Goals (Greg) Boris will support 12-1 Got Games (Gregory PR) 1-2 Dual Diagnosis (Dana PR) 2-3 Woman's Group (Amelia) Trina from PR will support	28 11-12 Problem Solving (Trina) 1-2 Who Am I (Trina) BLANCA W 2-3 pm On A Good Note (Olivia) 3-4 Life Skills (Olivia)	29	30
1	2 9 - 10 Straight Talk (Thomas PR) 10 - 11 Recovery Thru Self Care (Katrina) (PR) 11-12 Detox From Anger (Olivia PR) 12-1 Healthy Boundaries (Olivia) Christine	3 11 -12 Triggers (Trina) 1 - 2 Don't Sweat the Small Stuff(James) Daveion will support 2-3pm Dancing Through Recovery (Yalonda) Sharon from RC will support	4 Closed	5 Cathy Returns		



Straight Talk - This is a Monday morning chat session. Come and share about your weekend, tell a joke and get to know others in the MHA community.

Drivers Handbook - Are you interested in getting your Drivers license and need help preparing for the test? Come and take practice tests to prepare.

Recovery Thru Self Care - Learn to support yourself through self care in a physical, emotional and spiritual way.

Detox From Anger - Learn new and better ways to express anger and irritation.

Healthy Boundaries - Learn what boundaries are and to learn to develop and set boundaries as part of the recovery process.

Make Life Great - Exploring recovery by learning new skills and practicing and role playing.

Life Adventures - Walking and other outdoor exercise activities.

Advocacy Group- Learning ways to empower yourself through advocating and speaking up.

Don't Trip - Open discussion on working through everyday challenges, share experiences and discuss new and different coping skills to cope and improve your life.

Triggers - This group focuses on recognizing and discussing what types of situations, feelings, etc. trigger our negative behaviors. We share personal stories to assist each other with how to handle individual issues and look for ways to substitute positive behaviors for negative ones.

Don't Sweat the Small Stuff - An open discussion on how, thru coping skills, we can improve how we handle the Small Stuff and take back our control.

Money Management - In this group, individuals are taught how to budget their monthly finances so they don't run out of funds before the end of the month.

Community Meeting - All members and staff attend this group. To inform everyone what is happening in the community and at MHA. Discuss changes that members want to see happen, and any issues which need to be addressed.

Men's Group - Come join us for a manly discussion about life issues including setting boundaries, communication skills and much more

Art Group - Helps you learn to visualize goals and dreams by utilizing your creativity, and expressing yourself through various forms of art.

Goals Group - Learn how to face and befriend your fears. Whatever it is that is holding you back we can conquer it together Fear is a factor in everyone's life but it does not have to hold you back!!!

Got Games - Come join us to learn and play various games to learn to have fun and relax.

Dual Diagnosis - Learn how to cope with any addiction or habit and a mental illness. Utilize a workbook using a 12-step format.

Woman's Group - Come and hang out with the girls! We discuss women's issues, support one another and take a little time out for ourselves. Treat yourself to some ME time!!!

Employment - Prepares you for a work environment which includes resumes, attire, interview techniques and how to handle various job situations.

Problem Solving - Learn to identify and work through life problems in order to take control of your life.

Ups Downs and Anxiety - Learn ways to deal with mood swings by learning and practicing coping skills and applying them to your life.

Who Am I - Become the person you want to be and change the things you want to change. We focus on Increasing self esteem in order to be the person you want to be.

On A Good Note - Learn to journal every week in creative ways.

Life Skills - Come join us to learn new skills to manage and live to your full potential.

Healthy Choices - Learn to replace some unhealthy life choices with healthier life choices.

Spirituality - Learning to develop your Higher Power thru discussion.

Care & Share - Weekly topics on how sharing and caring can improve our recovery.

Invent A New Attitude - Weekly topics on how building a new attitude can bolster our recovery.

Guitar Lessons - Beginners and all other levels Need to sign up with Scott

*All the MHA/V Groups are Support Groups and are open to all members of the community

*All Groups are facilitated by mental health consumers and supported by staff

*Groups are not court approved or court certified

Group Guidelines

- 1) Phones and electronic devices need to be placed on silent.
- 2) Only one person can talk at a time
- 3) Whatever You Hear in the group stays in the group
- 4) If more than 15 minutes late to the group you will not get credit