

# HRC Support Groups

## **BIPOLAR SUPPORT**

This group is a place where you can share stories, learn about bipolar, ask questions, vent, and receive support. The primary mission of this group is to help people who are struggling with bipolar disorder and other related conditions improve their daily lives. Join us every Monday 12:30pm – 2:00pm. Family and friends also welcome to attend. Love and tolerance of others is our code.

## **NUTRITION**

Learning about nutrition labels & portion sizes; grocery shopping on a budget; weight Management/Loss through education, support & exercise; guest speakers & take home materials (tools) to help reinforce continued healthier eating choices. Co-facilitated group between HRC & TCORE Staff (Samira & Janet) @ TCORE. Eight weeks, open drop-in (but encouraged to attend all, to get full benefit)

## **SACPORT MODULES**

Increase healthy living and learn skills to achieve social independence, establish satisfying relationships, and work toward pleasurable and positive life experiences. Obtain resources and education to recognize the importance of maintaining a support system.

### **Substance Abuse Management Module (SAMM)**

SAMM gives teaches clients behavioral skills that will help them stop abusing drugs and alcohol. Attendees learn to understand and manage symptoms, use medications effectively, develop coping skills, solve inter-personal problems and enjoy life.

### **Symptom Management**

### **Medication Management\***

### **Basic Conversation Skills\***

### **Recreation for Leisure\***

## **HRC SUPPORT GROUPS\***

### **Anger Management**

Anger Management groups at HRC are offered on Fridays from 2 pm to 3 pm weekly. It is a walk-in group for individuals looking to gain skills and awareness in managing symptoms of anger, and increasing frustration tolerance. The goal of the Anger Management group is to take personal responsibility for thoughts,

feelings, and behaviors while creating new strategies to increase quality of life, as well as quality relationships. The treatment model used for this Anger Management group is a combined CBT approach that employs relaxation, communication, and cognitive skills interventions.

### **Cognitive Behavior Therapy**

Recovery is possible. Discussions on dual diagnosis and addiction issues. Develop a toolkit of healthy lifestyle behaviors to recognize risk factors, triggers and warning signs of relapse.

### **Women's Journey to Healing**

This group meets every Monday at 1:30pm. The primary mission of this group is to begin working on recovering from effects of trauma by learning new skills to manage symptoms and challenges related to PTSD and other mental health issues.

### **Keys to a Better Life (English) (Russian)**

Exclusively for the Russian-speaking population. Offering advocacy, support, education and resources to address acculturation, overcome barriers and build a cross-cultural community.

### **Coping with Depression**

Interactive ideas to create a self-help plan and increase interests, daily activities, and structure, and eliminate feelings of hopelessness. Motivational perspectives radically improve life experience.

### **Dialectical Behavior Therapy**

Evidence-based Dialectical Behavior Therapy treatment program with weekly homework in four modules: Mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness.

### **Smoking Cessation**

Are you ready to quit smoking? Then this group is for you. The primary mission of the group is to learn new techniques for putting cigarettes behind you. This group meets every Thursday at 10:00am. Don't go it alone.

### **Employment Fitness**

The primary mission of this group is to help and or support individuals without pressure and talk about whatever concerns they may have about employment in a supportive atmosphere. Develop readiness to pursue a vocational goal and say "yes" to employment. This group meets every Monday at 3:00pm.