

# **TCORE 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\***

### **Artistic Activities**

Create and experience. Stimulate the senses, imagination, emotions and ideas. Explore interpretation and symbolism through art media including collage, watercolor and acrylics.

### **Dialectical Behavior Therapy**

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

### **Men's Forum**

Angry? Tired? Feelings hopeless... it's okay; come join. The primary mission of this group is help explore behaviors and modify patterns that contribute to obstacles and or barriers around employment, relationships, and money. This group meets every Thursday at 11:30am at TCORE.

### **Relaxation Techniques**

This group meets every Wednesday at 11:00am. The primary mission of this group is to learn and/or practice basic breathing and relaxation techniques through meditation, gentle yoga, guided imagery, and self compassion and care.

### **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.

### **Mental Health Support\***

#### **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.

#### **Moving Toward Recovery\***

Valuable approaches toward self-improvement. Confidence, respect, assertiveness and self-esteem make it possible to explore educational pursuits, employment and successful living.

#### **Anger Management\***

Learn deep breathing, relaxation techniques and coping skills to manage uncontrolled anger. Gain control over emotions to achieve satisfying relationships, inner peace and wisdom.

#### **Symptom Management**