

GROUP DESCRIPTIONS

	<p>Anger Management Support group for individuals and their families on different coping skills to help deal with anger.</p>	<p>Anxiety/Anxiety Relief Support group for individuals and their families on different coping skills to help deal with anxiety.</p>	<p>Arts Group Groups that promote recovery through arts and creativity. Such as Creative writing, Music, and Crochet.</p>	<p>Bore No More Socialization group for those looking to improve social skills and socialize with others.</p>
<p>Class of Positivity Support group that explores positive coping skills to encourage recovery.</p>	<p>Computer Classes 8-week cycle courses based on learning the basics of operating a computer. *Sign-up Required</p>	<p>Cooking Class Group offered every other month to promote recovery through educating on the skills of healthy cooking.</p>	<p>Color Me Calm Support Group to assist with recovery through coloring.</p>	<p>Creative Writing Group that promotes recovery through writing and creative expression.</p>
<p>Dual Recovery Anonymous Group for individuals with a dual diagnosis using the 12-Step recovery format.</p>	<p>Employment Workshop Group that provides guidance and assistance for individuals seeking jobs/careers.</p>	<p>Freedom Through Reality (Bi-Polar) Support group for individuals and their families on different coping skills and information.</p>	<p>GED Prep Class A preparation course for preparing one for math, English writing, and social studies.</p>	<p>Grief and Loss Support group that assist individuals dealing with any loss.</p>
<p>Karaoke Group Group that promotes recovery through the art of singing.</p>	<p>TCG Mindfulness Through Gardening Group that promotes mindfulness and meditation through gardening.</p>	<p>Learning to Love Myself Support group for women that discusses ways to accept oneself and build self-esteem.</p>	<p>Limited to Limitless Support group for individuals with any physical disability.</p>	<p>Literacy Group Vocational group that gives skills to support the adult learner. Increasing skills in grammar, writing and reading.</p>
<p>Lose the Blues (Depression) Support group for individuals and their families that discusses how to cope and overcome depression.</p>	<p>Men's Depression Support group for men that discusses how to cope and overcome depression.</p>	<p>Mommy and Me A support group for individuals and their children to improve bonding and interacting skills.</p>	<p>Money Management Group that informs individuals on financial resources and skills.</p>	<p>Movies at the Wellness Center Weekly G rated movies that promote healthy relationships, inspiration, and hope for the whole family.</p>
<p>Positive Direction Support group that explores positive coping skills to encourage recovery.</p>	<p>Proud To Be Me Support group for LGBTQA that is safe and fun, open and supportive through social skills.</p>	<p>Senior Socialization Support group for seniors building on positive relationships through social skills.</p>	<p>Socialization Group Support group for individuals building positive relationships through social skills.</p>	<p>Spirituality Support group that explores spirituality & faith as a coping tool for recovery.</p>

<p>S.T.E.P Parenting/Anger Management 10 week certified group for individuals seeking verification for the courts. *Sign-up Required</p>	<p>TAY Space Program for Transitional Age Youth (ages 16-25) based on improving life, social skills, and independent functioning.</p>	<p>Teen Hour Support group for teens (13-15) that discusses how to cope with teenage issues of life.</p>	<p>Teen Dual Recovery Anon Group for teens (13-15) with a dual diagnosis using the 12-Step recovery format.</p>	<p>Tranquility Group (Schizophrenia) Support group for individuals and their families on different coping strategies.</p>
<p>United Family Group for families struggling with children/teens who display challenging behaviors.</p>	<p>Walking Adventure Group Group for recreational walking activities to improve overall wellbeing.</p>	<p>Women's Depression Support group for women that discusses how to cope and overcome depression.</p>	<p>Writing to Heal Group to express oneself through the art of writing.</p>	

DESCRIPCIONES DE GRUPOS EN ESPAÑOL

<p>Alanon Grupo de apoyo para los miembros de la familia de un ser querido que tiene problemas con las drogas.</p>	<p>Clase para Padres Curso de 10 semanas con certificado para personas que ocupan verificación para las cortes.</p>	<p>Clase de Computación Cursos de ciclo de 8 semanas basados en aprender los conceptos básicos de operación de una computadora. *Se Requiere Registrarse</p>
<p>Comadres y Compadres Un grupo para desarrollar diferentes habilidades. *1900 Royalty Dr * Washington Park</p>	<p>Dirección Positiva Un grupo para aprender a mejorar el bienestar a través de actividades y pensamientos positivos.</p>	<p>Familia Unida Un grupo para las familias que necesitan apoyo con los niños y adolescentes que presentan conductas problemáticas.</p>
<p>Grupo de Socialización Un grupo de apoyo para personas interesadas en construir relaciones positivas a través de habilidades sociales.</p>	<p>Plaza Comunitaria Un grupo de apoyo para aprender inglés para comunicación básica en la comunidad.</p>	<p>Sobrellevando la Ansiedad Un grupo para aprender diversas habilidades sobre cómo sobrellevar la ansiedad.</p>