



Group Descriptions

Member Meeting: Daily Group Come by early to hear about our schedule for the day, community announcements, and have an opportunity to check in as we gather together at the Wellness and Advocacy Center.

Stretch/Walk Group: Daily Group Come take a walk in this beautiful environment! We will be doing some easy stretching exercises before our walk. A gentle way to get moving and a good way to start the day!

Apoyo Mutuo (Peer Support in Spanish language)

El grupo de apoyo mutuo sera sostenido para satisfacer las necesidades de la comunidad Latina. Dandoles la oportunidad de expresarse y de encontrar ayuda.

Anxiety Support Process, collaborate, and support each other to reduce anxiety as well as find on practical tools to use.

Art Group This is a social group that focuses on art and craft work together in our main room. Enjoy the process of creativity working together!

Art Wisdom A group to share our knowledge of art. Members are welcome to share their know-how.

Career Development This class will help you to gain support if you are seeking to get back to work.

Computer Basics Come learn about computers in a class customized to your level of need. No experience required to attend this educational opportunity.

Empowering Ourselves Are you feeling like getting back to working sometime soon? Or just feeling like you need some positive encouragement to make steps forward in your life? This group offers support to all who are working to empower themselves to their reach their goals.

Friendship Group Come to this group to discuss the importance of friendship in our lives. You might make a friend or two in the process!

Games & More Come enjoy games in our main room. Bring your ideas for games you would like!

Healing Through Writing We are often a morass of thoughts and feelings. When writing, we “select” certain ideas to be expressed. This self-expression constitutes the release of possible “imprisoned,” free-floating notions, which then leads to the celebratory healing found in this most ancient art.

Hobby Group A place where we can bring in and share and our hobbies.

It's Not All Sunshine & Rainbows (LGBTQ Support) LGBTQ Support, a safe place to get education and support while discussing issues surrounding mental health in the LGBTQ community.

I Am More Than... Our past experiences can have a lasting impact on our ability to live our lives to our full potential. Join this group to discover how to be more than a victim or survivor of your past experiences. Please check-in with the group facilitator before planning to attend this group

Music Jam Bring your instrument, your voice, or just your listening ears. Enjoy music with various members and non-members join the Mind Travelers.

Open Mic & Karaoke Share your creativity with the community. Whether you sing, play an instrument, read poetry or perform your own stand – up comedy: this is your time to have fun and shine! Emphasis is on fun and all are welcome! Participants and listeners welcome!

Peer Support Group This group provides a safe and supportive place for members to share their struggles and successes!

Quarter Life Plus Support Group A support group to meet and socialize with other young adults (ages 18-35) who struggle with mental health issues. Learn some skills that might help your life run a little smoother.

Self- Advocacy Join us as we explore effective ways to self-advocate, transform our “enemies” into allies, and make meaningful arguments to get our needs met.

SMART Recovery SMART Recovery offers an opportunity to explore a variety of techniques that are designed to aid in recovery from substance abuse and behavioral addictions.

Speakers Group Come tell your story of recovery in a safe and supportive environment as we prepare to present in other forums in the community.

Ted Talk Group Join us as we watch an educational or inspirational TED Talk followed by discussion about the video and how it relates to our everyday lives.

Tools for Recovery Come share with each other what helps you maintain or regain a sense of health and wellness in your life.

Visions & Voices A peer support group for those of us who see and/or hear things others may label as “hallucinations”. We can talk to each other, ask questions, and find out we are not alone all in a safe, non-judgmental environment.

Walking Through Depression A support group for peers who have struggled with depression. We are able to find acceptance and experience self-discovery alongside others who have experienced the same.

Young At Heart Together we are going to figure out what this “aging” phenomenon is all about, and make the process easier to understand, and to live with hope, motivation and inspiration.