

February 2022

Groups for Individuals in Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<p>1</p> <p>M-Trem @ 2 PM Men's Skill Group @ 3 PM</p>	<p>2</p> <p>WOW @ 12 PM DBT @ 1:30 PM</p>	<p>3</p> <p>IMR @ 2 PM TREM @ 3 PM Journey to Health @ 3 PM</p>
<p>7</p> <p>Creative Coping @ 3 PM</p>	<p>8</p> <p>Intro to DBT @ 1 PM M-Trem @ 2 PM Men's Skill Group @ 3 PM</p>	<p>9</p> <p>WOW @ 12 PM DBT @ 1:30 PM</p>	<p>10</p> <p>IMR @ 2 PM TREM @ 3 PM Journey to Health @ 3 PM</p>
<p>14</p> <p>Creative Coping @ 3 PM</p>	<p>15</p> <p>Intro to DBT @ 1 PM M-Trem @ 2 PM Men's Skill Group @ 3 PM</p>	<p>16</p> <p>WOW @ 12 PM DBT @ 1:30 PM</p>	<p>17</p> <p>IMR @ 2 PM TREM @ 3 PM Journey to Health @ 3 PM</p>
<p>21</p> <p>Creative Coping @ 3 PM</p>	<p>22</p> <p>Intro to DBT @ 1 PM M-Trem @ 2 PM Men's Skill Group @ 3 PM</p>	<p>23</p> <p>WOW @ 12 PM DBT @ 1:30 PM</p>	<p>24</p> <p>IMR @ 2 PM TREM @ 3 PM Journey to Health @ 3 PM</p>
<p>28</p> <p>Creative Coping @ 3 PM</p>			

If you are open to HealthWest services and interested in learning more about a group contact your case manager.

ADULT GROUPS

Women of Wellness (WOW)

Wednesdays at 12 PM

Women of Wellness is a safe and supportive environment that's all about empowering women with any addiction through wellness.

Men's Skills Group

Tuesdays at 3 PM

This group is designed to help men in recovery learn and practice the skills they need to maintain their sobriety and deepen their recovery.

IMR

Thursdays at 2 PM

Illness Management Recovery Group (IMR) is an evidenced-based practice designed to provide mental health consumers with knowledge and skills necessary to cope with aspects of their mental illness while maintaining and achieving goals in their recovery. This group also allows support to participate in this class upon consumers consent.

Journey to Health

Thursdays at 3 PM

An opportunity to embark on a journey to live a life free of tobacco and nicotine related products. We will share information, discuss strategies, create ideas, and encourage participants to build a healthier lifestyle.

M-TREM

Tuesdays at 2 PM

M-TREM is an outlet for men to express their experiences with trauma, learn about what trauma is and its many affects, and learn the various skills to put into practice for the ongoing journey of trauma recovery.

TREM

Thursdays at 3 PM

Women's trauma group that specifically targets how we unconsciously respond to past bad experiences. You will not have to share those experiences in this group.

Intro to DBT

Tuesdays at 1 PM

In this 5 week group we will learn more about what we can expect when attending groups including rules, expectations, specific symptoms that are treated in therapy, and what new skills you will be taught as you continue to explore DBT. This group is designed for and required for those interested in joining DBT-informed therapy services.

DBT

Wednesdays at 1:30 PM

Dialectical Behavior Therapy (DBT) Group is focused on building positive behavior changes by reducing self-harm and negative thinking.

Creative Coping

Mondays at 3 PM

Creative Coping uses mindfulness skills to help participants regulate their mood, improve depression and reduce anxiety.