


March 2020 Support Group Calendar (Lancaster)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9 -10 Straight Talk (Thomas PR) 10 -11 Recovery Thru Self Care (Theresa) (PR) 10 -11 Driver Handbook (Cathy AIS office) 11-12 Detox From Anger (Theresa PR) 12 -1 Healthy Boundaries (Ben / Cathy) 1-2 Care & Share (Pat PR)	3 9 -10 Life Adventures (Gregory PR) 10 -11 Advocacy (PR) 11-12 Life Skills (Charles/Cathy) 12-1 Money Management (PR) 1-2 Meditation (Cathy)	4 9am Community Meeting 9 -10 Men's Group (Dana PR) 10-11 Art Group (Cathy) 11-12 Managing Everyday Life(Sosy/Cathy) 12-1 Got Games (Gregory PR) 1-2 Dual Diagnosis (Dana PR)	5 10-11 Employment 11-12 Goals to Solve Problems (Jessica/Cathy) 12-1 Ups Downs & Anxiety (Debbie)	6 9 -10 Healthy Expressions (Olivia PR) 10-11 Creative Space (Olivia PR) 11-12 pm Music Minded (PR Elaine) 12-1 pm Don't Sweat The Small Stuff (Jessica P)	7
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Straight Talk - This is a Monday morning chat session. Come and share about your weekend, tell a joke and get to know others in the MHA community.

Driver Handbook - Are you interested in getting your Drivers license and need help preparing for the test? Come and take practice tests to prepare.

Recovery Thru Self Care - Learn to support yourself through self care in a physical, emotional and spiritual way.

Detox From Anger - Learn new and better ways to express anger and irritation.

Care and Share - Come learn different ways to show you care about others.

Healthy Boundaries- Discover ways to improve personal boundaries and share ideas and experiences to discuss skills and find solutions

Life Adventures - Walking and other outdoor exercise activities.

Money Management - In this group, individuals are taught how to budget their monthly finances so they don't run out of funds before the end of the month.

Meditation - Discover different ways to relax and meditate to reduce stress.

Community Meeting - All members and staff attend this group. To inform everyone what is happening in the community and at MHA. Discuss changes that

members want to see happen, and any issues which need to be addressed.

Men's Group - Come join us for a manly discussion about life issues including setting boundaries, communication skills and much more

Art Group - Helps you learn to visualize goals and dreams by utilizing your creativity, and expressing yourself through various forms of art.

Got Games - Come join us to learn and play various games to learn to have fun and relax.

Dual Diagnosis - Learn how to cope with any addiction or habit and a mental illness.

Woman's Group - Come and hang out with the girls! We discuss women's issues, support one another and take a little time out for ourselves. Treat yourself to some ME time!!!

Employment - Prepares you for a work environment which includes resumes, attire, interview techniques and how to handle various job situations.

Goals To Solve Problems - Learn to identify and work through life problems in order to take control of your life.

Ups, Downs and Anxiety - Share different coping skills to deal with mood swings and learn new coping skills to improve your recovery.

Healthy Expressions - Come learn different ways to express yourself/

Creative Space - How to learn to use creativity to reduce stress and increase happiness.

Music Minded - Come join us to listen to music and socialize with one another in a stress free calming manner.

Don't Sweat The Small Stuff - Exploring recovery by learning new skills to let the little things go and be happier.

Group Guidelines

- 1) Phones and electronic devices need to be placed on silent.
- 2) Only one person can talk at a time
- 3) Whatever You Hear in the group stays in the group
- 4) If more than 15 minutes late to the group you will not get credit

Attention

- *No Children In Groups
- *All the MHA/V Groups are Support Groups
- *All Groups are facilitated by Members and are supported by staff
- *Groups are not court approved or court certified