



**2018**  
CALENDAR

# CARING SUPPORT GROUPS

## ONGOING EVENTS

### Tuesdays:

11:00 am - 12:00 pm  
Group Room, #139  
*Spanish translation services available.*

### Tuesdays:

12:00 am - 3:00 pm  
Group Room, #139  
*Spanish translation services available.*

### Wednesdays:

11:00 am - 12:00 pm  
Group Room, #139  
*Spanish translation services available.*

### Thursdays:

3:00 pm - 4:00 pm  
Group Room, #139  
*Spanish Speaking 2:00 pm - 3:00 pm*

### Fridays:

9:30 am - 11:00 am  
Group Room, #139

### Fridays:

1:00 pm - 3:00 pm  
Group Room, #139

### Fridays:

3:00 am - 4:00 pm  
Wellness Center

### Friend Zone

A welcoming group where you can be yourself! Come enjoy a variety of activities, including: Karaoke, gardening, knitting, painting, coloring, and much more.

### Crocheting with Kim

Learn how to crochet with our expert Kim in a relaxed friendly group environment. Create and share your projects with others.

### Life College

A recovery group that is based on Dialectical Behavior Therapy skills. Allows individuals to share recovery insights and learn new strategies for their recovery journey.

### Anger Management

Based on a Cognitive Behavioral Therapy model, participants will learn to better control anger by modifying their thoughts and behavior, implementing relaxation techniques and conflict resolution skills.

### Writing Circle

Practicing written word helps to better organize your thoughts, spark your imagination and gain a better understanding of ourselves. Participants will spend the time writing about the subject of the day. All levels are welcomed.

### Advanced Crocheting with Kim

Advance your crocheting skills with our expert Kim in a relaxed friendly group environment. This group is for individual with crocheting experience.

### Emotional Release

Self-paced group exercise such as: free weights, Pilates, stretching, cardio combinations and use of exercise machines.



For more information call: (413) 739-1100 Ext. 2522



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