



# Wellness & Recover Center – South



**Groups NOW on-line. Use Teams app or your cell phone. Easy to do!**

**Monday**

**TBD**

[@consumersselfhelp.org](mailto:@consumersselfhelp.org)

10am-11am

Details coming soon

**Monday**

**Open Mic with Jason**

[jcooper@consumersselfhelp.org](mailto:jcooper@consumersselfhelp.org)

1:30pm-2:30pm

Details coming soon

**Tuesday**

**Depression Support with Armin**

[amorales@consumersselfhelp.org](mailto:amorales@consumersselfhelp.org)

10am-11am

Members are invited to share their experiences with depression in an effort to connect & support each other. Different coping strategies are discussed by the group facilitator & your peers.

**Tuesday**

**Understanding Anger with Armin**

[amorales@consumersselfhelp.org](mailto:amorales@consumersselfhelp.org)

11am-12pm

Understanding yourself & what triggers your anger.

**Tuesday**

**Positive Vibes with Jason**

[jcooper@consumersselfhelp.org](mailto:jcooper@consumersselfhelp.org)

1:30pm – 2:30pm

Good energy/“Positive Vibes” gives a feelings a lift boost your self-esteem, remove feelings of anxiety & improve the way we communication. Bad energy/“Negative Vibes” adds conflict & resentment. Our goal should always be to maximize & increase the good “Positivity” & minimize the bad.

**\*Tuesday**

**Women’s Group with Cait**

[cgrabill@consumersselfhelp.org](mailto:cgrabill@consumersselfhelp.org)

1:30pm – 2:30pm

A safe place for women to explore their problems & issues as related to Women’s mental & social wellness, in promotion of healing through sharing, honesty & deep conversation.

**\*Tuesday**

**Anxiety Support with Cait**

[cgrabill@consumersselfhelp.org](mailto:cgrabill@consumersselfhelp.org)

2:30pm – 3:30pm

An inclusive safe space for individuals to verbalize thoughts, feelings & frustrations, in addition to one’s accomplishments & successes in a safe environment where they can receive support from others who are empathic & can relate to the daily management of Anxiety symptoms. You will learn tools & skills that have worked for others, & share what has worked for them.

**Wednesday**

**Healing from Trauma with Tracy**

[tbridges@consumersselfhelp.org](mailto:tbridges@consumersselfhelp.org)

10 am-11am

A group in which day to day problems associated with post-traumatic stress disorder are discussed with others who share similar experiences. This group provides encouragement, comfort, & advice while reducing some of the isolation & loneliness.

**Wednesday**

**I’m Listening with Jason**

[jcooper@consumersselfhelp.org](mailto:jcooper@consumersselfhelp.org)

11am--12pm

What is to be a good listener? How do you feel when someone is/isn’t listening to you? Learn ways to explore proper listening & communication skills. Express thoughts, emotions, & or concerns, learn what being heard is & feels like.

**\*Wednesday**

**Family Matters with Tracy**

[tbridges@consumersselfhelp.org](mailto:tbridges@consumersselfhelp.org)

12pm-1pm

Group offers a discussion on family issues whether good/bad. Discuss what you would like to do with loved ones/family members.

**Wednesday**

**TBD**

[@consumersselfhelp.org](mailto:@consumersselfhelp.org)

1:30pm – 2:30pm

For more information please email the facilitator of the group or call at **916-394-9195**.



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**Wednesday**      **Employment Readiness with Cait**      [cgrabill@consumersselfhelp.org](mailto:cgrabill@consumersselfhelp.org)  
**2:30pm – 3:30pm**  
Navigating the employment world, its social aspects, & stressors associated with obtaining and maintaining work can be a difficult experience. This is a therapeutic group for Members who are interested in further developing the skills to enter into employment.

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**Thursday**      **Social Media with Tracy**      [tbridges@consumersselfhelp.org](mailto:tbridges@consumersselfhelp.org)  
**10am-11am**  
This group is an open topic & open platform on social media issues.

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**Thursday**      **Mental Health Recovery with Tracy**      [tbridges@consumersselfhelp.org](mailto:tbridges@consumersselfhelp.org)  
**11am-12pm**  
Dealing with a mental health illness can often be difficult, especially when people feel they are trying to recover alone. We share our personal experiences, realize that we are not as alone as we once thought, & work together to lend an ear and/or find solutions. We also practice a variety of coping skills to deal with symptoms of our diagnosis.

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**Thursday**      **PTSD with Ryan**      [rcoppage@consumersselfhelp.org](mailto:rcoppage@consumersselfhelp.org)  
**12:30pm-1:30pm**  
PTSD is a disorder that usually occurs after a person has been subjected to a traumatic episode. This group supports its members by identifying the three types of PTSD symptoms & teaches participants how to maintain healthy lifestyles. A manual is often referenced during group discussion entitled “Seeking safety-a treatment manual for PTSD & substance abuse”.

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**Thursday**      **Co Occurring with Ryan**      [rcoppage@consumersselfhelp.org](mailto:rcoppage@consumersselfhelp.org)  
**2pm-3pm**  
One mental health diagnosis can be challenging enough, however sometimes we have to deal with a multitude of issues. This is a group for people who seek additional support in handling a dual-diagnosis. Typically it involves a mental health diagnosis along with substance abuse, however the tools learned here can be applied to many illnesses.

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**Friday**      **Choice Theory with Ryan**      [rcoppage@consumersselfhelp.org](mailto:rcoppage@consumersselfhelp.org)  
**9:30am-10:30am**  
Choice theory is an explanation of how the brain works & why or how we behave. This theory was created by William Glasser & used in many therapies to facilitate positive changes in a person’s life. This group will discuss these concepts & explore ways to apply them in a person’s life.

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**\*Friday**      **Waking up w/Positivity with Jason**      [jcooper@consumersselfhelp.org](mailto:jcooper@consumersselfhelp.org)  
**9:30am-10:30am**  
“Woke up on the wrong side of the bed”, how exactly do we avoid doing that? Throughout this group we will discuss & discover the many ways you wake up positively & feel positive throughout the day this is possible.

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**Friday**      **Anger Management with Ryan**      [rcoppage@consumersselfhelp.org](mailto:rcoppage@consumersselfhelp.org)  
**11am-12pm**  
An open forum group for members to check in, express how they have been using coping skills when challenged & be open to feedback when offered & accepted. Open to discuss current events in a positive supportive way.

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**Friday**      **Mental Health Education w/Armin**      [amorales@consumersselfhelp.org](mailto:amorales@consumersselfhelp.org)  
**1:30pm-2:30pm**  
Decreasing stigma of Mental Health.

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