



# SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				<b>Walk &amp; Talk Group</b> 1 4-5 PM <b>Anxiety Group</b> 5-7 PM <b>Expressive Arts Group</b> 6-7 PM	<b>Queers &amp; Allies Group</b> 2 1:30-2:30 PM <b>Wildcard</b> 3-4 PM <b>Coping Skills Group</b> 5-6 PM <b>Tea Time</b> 6-7 PM	<b>Yoga</b> 3 1-2 PM <b>Pop-In</b> 2-4 PM <b>Music Group</b> 4-5 PM <b>Sunday Scaries</b> 5:30-6:30
<b>Pop-In</b> 1-3 PM 4 <b>Coping Skills Group</b> 3-4 PM <b>Walk &amp; Talk Group</b> 5-6 PM <b>Music Group</b> 6-7 PM	<b>Owning My Grades</b> 5 4-5 PM <b>Emotion Regulation Group</b> 5-6 PM <b>Yoga</b> 6-7 PM	<b>Queers &amp; Allies</b> 6 4-5 PM <b>Expressive Arts Group</b> 5-6 PM <b>Anxiety Group</b> 6-7 PM	<b>Stress Less 101</b> 7 4-5 PM <b>Distress Tolerance Group</b> 5-6 PM <b>Wildcard</b> 6-7 PM	<b>Anxiety Group</b> 8 4-5 PM <b>Walk &amp; Talk Group</b> 5-6 PM <b>September Birthday Party</b> 6-7 PM	<b>Queers &amp; Allies</b> 9 1:30-2:30 PM <b>Pop-In</b> 3-5 PM <b>Music Group</b> 5-6 PM	<b>Yoga</b> 10 1-2 PM <b>Expressive Arts Group</b> 2-3 PM <b>Tea Time</b> 3-4 PM <b>Walk &amp; Talk Group</b> 4-5 PM <b>Sunday Scaries</b> 5:30-6:30
<b>Expressive Arts Group</b> 11 4-5 PM <b>Owning My Grades</b> 5-6 PM <b>Self-Esteem Group</b> 6-7 PM <small>National Suicide Prevention Week</small>	<b>Stress Less 201</b> 12 4-5 PM <b>Mindfulness Group</b> 5-6 PM <b>Yoga</b> 6-7 PM	<b>Queers &amp; Allies</b> 13 4-5 PM <b>NSPW ACTIVITY</b> 5-6 PM <b>Coping Skills Group</b> 6-7 PM	<b>Music Group</b> 14 4-5 PM <b>Healthy Relationships Group</b> 5-6 PM <b>Owning My Grades</b> 6-7 PM	<b>Self-Care Group</b> 15 4-5 PM <b>Anxiety Group</b> 5-6 PM <b>Expressive Arts Groups</b> 6-7 PM	<b>Queers &amp; Allies</b> 16 1:30-2:30 PM <b>NSPW ACTIVITY</b> 3-4 PM <b>Self-Esteem Group</b> 5-6 PM <b>Tea Time</b> 6-7 PM	<b>Yoga</b> 17 1-2 PM <b>Music Group</b> 2-3 PM <b>Pop-In</b> 3-5 PM <b>Sunday Scaries</b> 5:30-6:30
<b>Owning My Grades</b> 18 4-5 PM <b>Tea Time</b> 5-6 PM <b>Coping Skills Group</b> 6-7 PM	<b>Anxiety Group</b> 19 4-5 PM <b>Emotion Regulation Group</b> 5-6 PM <b>Yoga</b> 6-7 PM	<b>Queers &amp; Allies</b> 20 4-5 PM <b>Owning My Grades</b> 5-6 PM <b>Expressive Arts Group</b> 6-7 PM	<b>Self-Care Group</b> 21 4-5 PM <b>Stress Less 201</b> 5-6 PM <b>Self-Esteem Group</b> 6-7 PM	<b>Coping Skills Group</b> 22 3-5 PM <b>Music Group</b> 5-6 PM <b>Game Night</b> 6-8 PM	<b>Queers &amp; Allies</b> 23 1:30-2:30 PM <b>Expressive Arts Group</b> 3-4 PM <b>Anxiety Group</b> 4-5 PM <b>Wildcard</b> 5-6 PM	<b>Yoga</b> 24 1-2 PM <b>Pop-In</b> 2-4 PM <b>Music Group</b> 4-5 PM <b>Sunday Scaries</b> 5:30-6:30
<b>Expressive Arts Group</b> 25 3-4 PM <b>Self-Esteem Group</b> 4-5 PM <b>Tea Time</b> 5-6 PM <b>Music Group</b> 6-7 PM	<b>Stress Less 101</b> 26 4-5 PM <b>Mindfulness Group</b> 5-6 PM <b>Yoga</b> 6-7 PM	<b>Pop-In</b> 27 2-4 PM <b>Queers &amp; Allies</b> 4-5 PM <b>Music Group</b> 5-6 PM <b>Expressive Arts Group</b> 6-7 PM	<b>Owning My Grades</b> 28 4-5 PM <b>Healthy Relationships Group</b> 5-6 PM <b>Coping Corner</b> 6-7 PM	<b>Self-Esteem Group</b> 29 4-5 PM <b>Self-Care Group</b> 5-6 PM <b>Music Group</b> 6-7 PM	<b>Queers &amp; Allies</b> 30 1:30-2:30 PM <b>Expressive Arts Group</b> 3-4 PM <b>Pop-In</b> 4-6 PM <b>Wildcard</b> 6-7 PM	

# GROUP DESCRIPTIONS

## **Expressive Arts Group**

This weekly group will be centered around a different arts-based activity each week to help promote self-reflection and growth. We will have a talent showcase at the end of every year where participants can share their therapeutic creative works!

## **Music Group**

Music helps us understand our emotions and feelings. Whether Classical, Pop, Rock, or Rap, come explore your emotions & feel the music.

## **Walk & Talk**

Healing starts with movement. Movement can recharge our emotions and thoughts which affects our behavior. Changing scenery can help us have a different understanding of ourselves and the world around us. Let's step outside, walk and talk, & recharge.

## **Tea Time**

Have things on your mind and want to talk about it? Come join this weekly group discussion to talk things out with your peers.

## **Coping Skills Group**

Recovery can be difficult whether emotionally, physically, or mentally. Join this group to learn different recovery tools and how to add them to your toolbox.

## **Self-Care Group**

This group will center around a different self-care activity/strategy each week. Participants will also have opportunities to share their ideas for self-care. Self-care isn't selfish and it should look like yourself!

## **Healthy Relationships Group**

This group will center around learning about healthy relationships. Discussing unhealthy relationship red flags, ways in which to make your relationships healthier and learning and practicing healthy communication skills

## **Self-Esteem Group**

Figuring out who you are is a tough job but also very liberating! This group focuses on how we view ourselves, learning how to be compassionate to ourselves, and how to build and nurture your self-confidence.

## **Anxiety Group**

Anxiety manifests differently for everyone. It sometimes makes no sense and can be difficult for us to understand what it is. This Anxiety group will help you understand what Anxiety is and how to manage it.

## **Mindfulness Group**

Lets pause to consider what came up as you read the word "mindful." Notice what thoughts you may have, any reactions or feelings that arise, and what else you are noticing as you meditate on the word. You are being mindful of your experience! With practice, mindfulness can help us notice our thoughts, feelings, and reactions to things around us and within us.

**Visit our website or social media channels to learn more about special events happening this month!**

## **Stress Less 101**

Stress Less is a program designed to help students reflect on how stress affects them, where it comes from, and how they currently deal with it. Teens will be able to share strategies that work for them while learning some new ones.

## **Stress Less 201: Mental Fitness**

Stress Less 201 is a program designed to help students gain a deeper understanding of stress management through the introduction of various mental fitness techniques. Participants will learn and practice exercises like changing negative thought patterns, practicing gratitude, setting SMART goals, and more.

## **Emotion Regulation Group**

In emotion regulation we learn about what emotions do for us, why they show up, and how to better make sense of our private experiences. Let us connect on ways to widen our awareness of our emotions and learn ways to "cool" down.

## **Distress Tolerance Group**

Do you always feel the urge to problem solve difficult moments that come your way? What if trying to solve the problem was not an option in those moments, or in our efforts to make it better we made it harder for ourselves? Learning how to identify what is within our control to change and when to practice radical acceptance sets us up for success in navigating life's challenges.

## **Queers and Allies**

Having a space to be your authentic self can be hard to find. Q&A is safe and inclusive space to explore any and all things LGBTQIA+. Allies are welcomed. This is a sign-up only group.

## **Wildcard**

Curious about a mental wellness topic that you don't see in any other groups? Bring it to Wildcard! We'll use this recurring time to explore various topics selected by participants.

## **Sunday Scaries**

Feeling anxious about the week ahead? Join us on Sunday evenings for practical supports to start the week off with confidence. Plan out your week, strategize some self care, and keep the Sunday Scaries at bay.

## **Owning My Grades**

Feel like your falling behind on your grades? Feel like there isn't time to complete your homework and feel stressed to complete it? This open group will be utilized for individuals to have intentional time with completing their homework twice week.

## **Pop-In**

During Pop-In, the Loft is open just for hanging out! Pop in, grab a snack, chat with friends, play games, work on a puzzle, relax in the yoga room, and join in on the fun!

One-on-one peer support is available every day from 1-8 PM regardless of the day's events.