

Groups

Check-In

Allows members to be in contact with staff just to say hi and have a conversation.

Check-Out

Allows members to talk about their day or what's going on in the evening.

Let's Get Physical

Involves light aerobic exercise and stretching. Modifications provided, when needed.
Learn to love yourself.

Journaling

Record your thoughts in a journal. Use inspiration readings to prompt journal writing.

Healthy Self-Image

Break Bad Habits

We all have habits that may not be the healthiest, but we can change them through healthy interactions. Learn how to replace a bad habit with a healthy one.

WRAP: Wellness Recovery Action Plan

Teaches tools to help you through difficult time and helps you recognize stressors, based on the work of Mary Ellen Copeland, Ph.D. Learn coping techniques; make plans to help you through difficult times. Develop a toolbox of skills to help you cope to feel well and be well longer.

Sleep Hygiene

What is sleep hygiene and how do you practice sleep hygiene?

Struggles of Parenting

Parenting isn't easy but it sure is nice to have resources and other parents to talk to.

Co-Dependent

Take a hard look at how we let ourselves be manipulated by others. Learn how to develop functional and healthy relationships.

Women's Group

This group is an open discussion for any woman that would like other women to talk to in a safe, non-judgmental environment.

Fun & Games

What can be more carefree than allowing yourself to participate in a fun activity?

Music Expression

Is there a song that makes you happy or a song that speaks to you? We all have that song that brings us joy. Come join us as we journey through our own creative expression on music.

Field Trips

February 5: Marineland Dolphin Adventure, <https://www.youtube.com/watch?v=nGImD-h0eFQ>. February 26: Virginia Aquarium, <https://www.youtube.com/watch?v=n1PffCeoxe0>.