

Resilient Living: Skills, Tools and Support to Build Resilience & Joy

Tuesdays 12:00 pm – 1:30 pm starting May 5

Resilient people have a greater ability to bounce back from challenging situations. Through an understanding of what makes us resilient and by building new skills and tools to grow this habit within ourselves, we can better support our emotional life and experience more joy. Based on the practices of mindfulness and compassion, including opportunities for sharing and reflection, this experiential based on-line program will allow participants to learn and practice new skills/tools. Participants will also be encouraged to set goals to support their emotional health and healing in challenging times. This group will be theme-based (4-week cycle) and those who have completed the one-time 30-minute program introduction from 12:00 – 12:30pm, may join the group for any subsequent week from 12:30 – 1:30pm.

Managing Stress in Stressful Times

Wednesdays 6:30 pm - 8:00 pm starting May 6

These are challenging and anxious times as we navigate new ways of being – being home and isolated, being worried about work, family, health, and being concerned about the long-term impact that Covid-19 might have. This group will help participants learn methods to cope more effectively with stress and feelings of anxiety and hopelessness. Skills and strategies will be taught to identify and change negative thoughts and beliefs and to improve self-care and quality of life.

Chronic Pain Monthly Support Group

Last Thursday of the month, 1:30 pm – 3:00 pm
- May 28, Jun 25, Jul 30

This group will provide a place for people who experience chronic pain to share their experiences and gain support from others who also have chronic pain. Led by a facilitator who has experience with chronic pain.

All programs are funded, there is no fee to participate.

Call 519-743-6333 to register.