



Adult Skills Group

- ◆ Individuals 18 years and up who have been diagnosed with a mental health disorder(s)
- ◆ Focusing on psychoeducation and appropriate application of a variety of skills aiming to challenge maladaptive thinking patterns, reduce emotional dysregulation, increase capacity for tolerating distress, and modifying unhelpful behaviors

Goal

Our goal is to create a space for individuals to build connections while exploring and integrating a variety of skills into their day-to-day lives. Participants will have the opportunity to learn about, engage in, and discuss the application of the techniques and concepts. Through discussion and processing of the skills, participants will have the opportunity to connect with peers and facilitators to ensure that the group concepts are being applied effectively to align with participants' individual therapeutic goals.

Group Structure

The group will consist of 12 weeks of concepts that will allow for rolling admissions. The group will meet virtually twice weekly with Mondays focusing on learning and understanding the concepts and Thursdays focusing on group processing of participants' experiences with applying the themes in their lives throughout the week.

Sessions are held on Mondays and Thursdays from 6:30-7:30pm starting on January 4, 2021.