

Keep It Real!

Harm Reduction Services - Group Schedule

Mondays			Location	
9:30- 10:30	In Person	Village Live/Harm Reduction	Sandy Shores	Lisa
Tuesdays				
9:30-11:00 a	In Person	Create New Meaning	Annex	Pablo
Wednesdays				
9:30-10:45 A	In Person	Harm Reduction/Keep it Real!	Annex	Monica
10:45-12pm	In Person	Wrap	Annex	Monica
9:30-10:30	In Person	Come as You Are	Sandy Shores	Lisa
Thursday				
10:00-11:30 a	In Person	Hear Your Decisions	Annex	Pablo
Friday				

Seeking Safety: Establishing internal and external safety in relationships, behaviors, and emotions. Group members will be provided with information and material from the Seeking Safety treatment manual and the "Finding Your Best Self" trauma and substance use recovery workbook to explore the relationship between trauma and substance use, learn safe coping skills, and be invited to make weekly commitments to move towards their recovery goals.

Village Live/Harm Reduction/Keep It Real: We keep it real because no one size fits all. Some people want to be abstinent, some people do not. We accept all people where they are and provide evidenced based and sophisticated skills for whatever choice you make in relationship to substance use. You do not have to change anything!

Create New Meaning (CBT): How to re-frame thoughts and perceptions and experiment with new behaviors and sharing new discoveries based on new experiences in the group and how to observe and shift without invalidating feelings.

Symptom Management: Talk and learn substances, and concerns about interactions between substances and medications and self-advocacy with psychiatrist regarding concerns. This group provides education about neuroplasticity and brain recovery from substances use and opportunities to share and provide mutual information and education within the group.

Thoughts, Feelings, Options!: The Thoughts, Feelings, Options! Group will utilize a combination of dialectical behavioral therapy tools and cognitive behavioral therapy approaches to support group members with gaining awareness of how their thoughts, emotions, and actions are interrelated, while also providing skills from DBT and CBT to create options on how to best respond to thoughts and feelings, as opposed to reacting on them; such as through substance use.

Hear Your Decisions: Dialectical Behavioral Skills such as learning about the Wise Mind, differentiating between emotion mind, reason mind, and Wise Mind, which is the starting point for all good guidance and listening to and learning to trust you.

Come as You Are: The 'Come as Your Are' group will provide a non-judgmental group environment for people to openly discuss challenges with substance use, mental health, and contributing factors while also supporting members with on-going practice of self-compassion and sharing compassion for others; to promote healthy relationship formulation with the self and others.

Wrap: The Wellness Recovery Action Planning group will provide group members materials and space to discuss ideas and ways to promote their own mental health and wellbeing, provide group topics on daily maintenance plan, what goes in a wellness toolbox, early warning signs for substance use and/or mental health relapse, crisis planning, and focus on discovering internal and external resources to live a satisfying life.

Heart to Art: Using art as a tool for practicing mindfulness, patience, self-reflection, personal growth, and developing a healthy coping skill. Using art as a language for thoughts, feelings, and experiences.

Mindful Movement: The Mindful Movement group will incorporate Behavioral Activation strategies and mindfulness activities to support attending group members with recognizing how actions can precede motivation and support with improving mood through engagement in pleasurable activities while also supporting attending group members in discovering new ways to improve life satisfaction without the use or need for substances.

Zoom Meeting Log on

Group ID

Password

Lisa	999-877-9706	444444	831-676-3715 *544
Monica	231-354-2790	100000	831-676-3715 *704
Pablo	636-774-9100	151204	831-649-4522 *880