

ROME ARS GROUP DESCRIPTIONS

Journey of Recovery –This group addresses issues of real concern to adults diagnosed with mental illness such as developing meaning relationships and supports, attaining higher levels of wellness, increasing knowledge and education and finding work that brings satisfaction, discovering enjoyable recreational activities and having a sense of home. The workbook ***Pathways to Recovery: A Strengths Recovery Self-Help Workbook***, which has been named as one of the top three recovery tools in the US by the Center for Psychiatric Rehabilitation.

Readings and Reflections- A recovery based group teaching strategies for everyday living. This group provides a daily practice that promotes reflection, awareness and offers new insights and perspectives to individuals living with mental illness. Experiences are shared on topics that include managing setbacks, reducing anxiety, asking for help and challenging self-defeating thinking. Individuals will gain the knowledge and skills needed in the process through which they can improve their health and wellness, live a self-directed life, and strive to reach their full recovery.

Mindfulness – In 24 DVD lectures, Prof. Ron Siegel, clinical psych. at Harvard Med reveals the science behind mindfulness and demonstrates its application a wide range of human problems-psychological, social and medical.

Building Resiliency-Using the ***Building Resiliency Workbook***, participants will learn more about themselves and about the importance of building resiliency skills to turn change and stress into opportunities to live more positively.

Mental Health News! – This peer led group provides participants with the most recent information on all sorts of topics relevant to mental wellness. Group readings and discussions are based on articles published in issues of ***Psychology Today, Scientific American Mind,*** and ***Time Magazine,*** to name a few. 12-16 week duration

Anxiety and Depression 101-Discussion and practice in a wide range of skills and tools for managing anxiety and depression to increase life satisfaction and reduce emotional distress.

“Give it a Whirl!” – Try your hand at a variety of hobbies. No need to be an expert, your creations are yours to show and share. Sponsored by Center for Family Life and Recovery (CFLR)

Anger Management- A “classroom” type group that provides individuals participating in the 8-week program with a summary of core concepts and worksheets to complete homework assignments. Skills taught and consistent practice is necessary to successfully manage anger.

Adult Children of Dysfunctional Families – participants will gain a better understanding of why Adult Children respond to adult situations with self-doubt, self-blame or a sense of being wrong or inferior – all learned from stages of childhood. Through reading, discussion and worksheets individuals will learn how to handle situations with effective thoughts when making decisions and forming relationships. Based on the **Twelve Steps of Adult Children Steps Workbook** .

Spiritual Wellness-Based on the writings by Joyce Myers, this peer led group gives individuals the opportunity to discover freedom and peace from negative thoughts and how they influence ones' life.

Music Appreciation-This “fun” peer led group gives participants the opportunity to listen to and discuss music from all genres.

Recovery and Core Issues- Through reading, discussion and exercises, this group addresses in detail the Common Core Issues in relationships, recovery and living and how they come about. Participants will learn choices and solutions to use them to their advantage, and to heal and experience peace.

Community Conversation- An Afternoon “Coffee Hour” to relax and discuss various topics with friends.

Crafts – This peer led “fun” group allows individuals to be creative through many different types of art projects including painting, seasonal craft making and beading.

Aroma Therapy-This relaxing and rejuvenating group will pair aroma therapy for mental and emotional health with mind/body techniques including breath work, meditation, guided imagery and sound therapy.

Don't Sweat The Small Stuff – This peer led group includes reading and discussing simple and effective ways to keep the little things from taking over your life. Specific techniques, management of symptoms, and coping skills are discussed. Based on **Don't Sweat the Small Stuff** by Richard Carlson (100)

Journaling- Through writing one's thoughts, experiences, and emotions in a notebook, journaling can involve reflecting on steps toward one's life ambitions, challenging negative thought patterns or showing appreciation for small positive things in life. Participants will benefit from this group by allowing them to work through challenging situations, express inner emotions, and find an outlet for creativity. Many of the benefits of journaling such as mental/emotional wellness, spirituality, and social wellness will be discussed and practiced.

Telling Your Story Workshop – This group is a series of workshops in which participants explore the art of telling one's story in a way which will be inspirational for others and satisfy a need for expressing one's self. Participants will ask each other questions to help each other develop a viable narrative.