

# **Group and Workshop Descriptions- Second Wind Clubhouse**

## **Accepting Change**

This group will go over the stages of change and teach members how to cope with changes, accept them, and move forward. We will discuss all aspects of change (financial, relational, personal, work, etc.) and techniques to find positives in the changes going on around us. We will learn to identify our feelings and thoughts and find healthy ways to cope with them during times of change.

## **Creative Crafting**

Creative Crafting is a group for people who want to express themselves through art. Learn how to use art to help cope with feelings and relax. We will discuss the importance of expressing our emotions in different ways. Paint, color, draw, and create art while learning the benefits of creative expression.

## **Dual Recovery**

Dual recovery or DR is a weekly group designed for individuals that have a substance use issue as well as a mental health issue. The Group follows a 12 step model specific to dual recovery issues and assists attendees with their sobriety and recovery process.

## **Get Grounded!**

Get Grounded is a group that will teach members ways to ground themselves in moments of heightened anxiety or stress. We will learn coping techniques and practice them together. We will talk about how to identify when we need grounding, how to ground, and the benefits of regulating ourselves through grounding.

## **The Great Outdoors**

This group will be held outdoors and be a fun Friday activity. We will talk about the benefits of outdoors while being there and exploring the nature around us. Each group will be a new activity for members to get out and enjoy time in the fresh air.

## **Healthy Habits/Mental Health Check**

This workshop looks at ways to make healthy habits part of a regular routine. This is offered before the weekend to assist in this exercise and includes a discussion on mental health overall.

## **Holding the Hope**

In this workshop we look at various ways to have hope and be positive using discussion and activities in light of the pandemic and other events that can rob someone of hope.

### **I Am**

This workshop looks at various aspects of self- esteem such as resiliency, self- confidence and maintaining a positive attitude.

### **Practicing Self Care**

In this workshop we discuss the various aspects of self- care which include physical, emotional, spiritual and psychological.

### **Smoking Cessation**

This group will go through a curriculum to help smokers quit. We will go through the benefits of quitting, the harm of smoking, options to help users quit, and more throughout the curriculum. This will be done in a group setting but at each individual's own pace, there is no immediate "cold turkey" type of quit that we require, it is to help users gain the knowledge and power needed to quit on their own.