



# APRIL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					<u>Creativity Zone</u> 2-4 PM <u>Tea Time</u> 4-5 PM <u>Recovery Time</u> 5-7 PM	<u>Yoga</u> 2-3 PM <u>Self-Care Isn't Selfish</u> 3-4 PM <u>Creativity Zone</u> 4-6 PM <u>Wildcard</u> 6-6:30 PM
<u>OMG</u> 4-5 PM <u>Somewhere Mindful</u> 5-6 PM <u>Creativity Zone</u> 6-7 PM <u>Wildcard</u> 7-7:30 PM	<u>Stress Less 101</u> (9th +10th grades) 4-5 PM <u>Tea Time</u> 5-6 PM <u>Yoga</u> 6-7 PM	<u>Interconnected</u> 4-5 PM <u>Recovery Time</u> 5-6 PM <u>Self-Care isn't Selfish</u> 6-7 PM <u>Wildcard</u> 7-7:30 PM	<u>OMG</u> 4-5 PM <u>Stress Less 201</u> (9th+10th grades) 5-6 PM <u>C3</u> 6-7 PM	<u>Tea Time</u> 4-5 PM <u>Uniquely You</u> 5-6 PM <u>Be Kind to your Mind</u> 6-7 PM <u>Wildcard</u> 7-7:30 PM	<u>Creativity Zone</u> 2-4 PM <u>Tea Time</u> 4-5 PM <u>Recovery Time</u> 5-7 PM	<u>Yoga</u> 2-3 PM <u>Self-Care Isn't Selfish</u> 3-4 PM <u>Creativity Zone</u> 4-6 PM <u>Wildcard</u> 6-6:30 PM
<u>OMG</u> 4-5 PM <u>Somewhere Mindful</u> 5-6 PM <u>Creativity Zone</u> 6-7 PM <u>Wildcard</u> 7-7:30 PM	<u>Stress Less 101</u> (11th + 12th grades) 4-5 PM <u>Tea Time</u> 5-6 PM <u>Yoga</u> 6-7 PM	<u>Creativity Zone</u> 4-5 PM <u>Tea Time</u> 5-6 PM <u>Self-Care isn't Selfish</u> 6-7 PM <u>Wildcard</u> 7-7:30 PM	<u>Donuts and Decompression</u> 4-5 PM <u>Stress Less 201</u> (11th + 12th grades) 5-6 PM <u>C3</u> 6-7 PM	<u>Tea Time</u> 4-5 PM <u>Interconnected</u> 5-6 PM <u>Uniquely You</u> 6-7 PM <u>Wildcard</u> 7-7:30 PM	<u>Creativity Zone</u> 2-4 PM <u>Tea Time</u> 4-5 PM <u>Recovery Time</u> 5-7 PM	<u>Yoga</u> 2-3 PM <u>Self-Care Isn't Selfish</u> 3-4 PM <u>Creativity Zone</u> 4-6 PM <u>Wildcard</u> 6-6:30 PM
<u>OMG</u> 4-5 PM <u>Somewhere Mindful</u> 5-6 PM <u>Creativity Zone</u> 6-7 PM <u>Wildcard</u> 7-7:30 PM	<u>Stress Less 101</u> (9th + 10th grades) 4-5 PM <u>Tea Time</u> 5-6 PM <u>Yoga</u> 6-7 PM	<u>Expanding Acceptance</u> 4-5 PM <u>Recovery Time</u> 5-6 PM <u>Self-Care isn't Selfish</u> 6-7 PM <u>Wildcard</u> 7-7:30 PM	<u>OMG</u> 4-5 PM <u>Stress Less 201</u> (9th + 10th grades) 5-6 PM <u>C3</u> 6-7 PM	<u>Tea Time</u> 4-5 PM <u>Be Kind to your Mind</u> 5-6 PM <u>Interconnected</u> 6-7 PM <u>Wildcard</u> 7-7:30 PM	<u>Creativity Zone</u> 2-4 PM <u>Tea Time</u> 4-5 PM <u>Recovery Time</u> 5-7 PM	<u>Yoga</u> 2-3 PM <u>Self-Care Isn't Selfish</u> 3-4 PM <u>Creativity Zone</u> 4-6 PM <u>Wildcard</u> 6-6:30 PM
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# GROUP DESCRIPTIONS

## **Creativity Zone**

This weekly group will be centered around a different arts-based activity each week to help promote self-reflection and growth. We will have a talent showcase at the end of every year where participants can share their therapeutic creative works!

## **Be Kind to Your Mind**

This weekly group will provide coping skills for dealing with the thoughts we have about ourselves that can really hurt us. You will learn skills to be kinder to your mind so you can feel more confident about yourself!

## **Interconnected**

This group will center around learning about healthy relationships. Discussing unhealthy relationship red flags, ways in which to make your relationships healthier and learning and practicing healthy communication skills

## **Self-Care Isn't Selfish**

This group will center around a different self-care activity/strategy each week. Participants will also have opportunities to share their ideas for self-care. Self-care isn't selfish and it should look like yourself!

## **Somewhere Mindful**

Lets pause to consider what came up as you read the word "mindful." Notice what thoughts you may have, any reactions or feelings that arise, and what else you are noticing as you meditate on the word. You are being mindful of your experience! With practice, mindfulness can help us notice our thoughts, feelings, and reactions to things around us and within us.

## **OMG (Owning My Grades)**

Feel like your falling behind on your grades? Feel like there isn't time to complete your homework and feel stressed to complete it? This open group will be utilized for individuals to have intentional time with completing their homework twice week.

## **Tea Time**

Have things on your mind and want to talk about it? Come join this weekly group discussion to talk things out with your peers.

## **Recovery Time**

Recovery can be difficult whether emotionally, physically, or mentally. Join this group to learn different recovery tools and how to add them to your toolbox.

## **Stress Less 101**

Stress Less is a program designed to help students reflect on how stress affects them, where it comes from, and how they currently deal with it. Teens will be able to share strategies that work for them while learning some new ones.

## **Stress Less 201: Mental Fitness**

Stress Less 201 is a program designed to help students gain a deeper understanding of stress management through the introduction of various mental fitness techniques. Participants will learn and practice exercises like changing negative thought patterns, practicing gratitude, setting SMART goals, and more.

## **Mind Matters**

Mind Matters is a 6-week group designed to promote mental wellness by fostering community, teaching self-care skills, and reducing stigma. Each session, led by a clinician and a young adult with lived experience of adolescent anxiety/depression, will focus on a particular learning objective. Each session will be 90 minutes with 10-12 teens per group.

## **Ending the Silence (ETS)**

Teens learn how to recognize the early warning signs of mental illness and what to do if they or someone they know is exhibiting these signs. NAMI Ending the Silence instills a message of hope and recovery and encourages teens to reduce stigma and end the silence surrounding mental illness.

## **C3 (Cool, Calm, Connected)**

In emotion regulation we learn about what emotions do for us, why they show up, and how to better make sense of our private experiences. Let us connect on ways to widen our awareness of our emotions and learn ways to "cool" down.

## **Expanding Acceptance**

Do you always feel the urge to problem solve difficult moments that come your way? What if trying to solve the problem was not an option in those moments, or in our efforts to make it better we made it harder for ourselves? Learning how to identify what is within our control to change and when to practice radical acceptance sets us up for success in navigating life's challenges.

## **Wildcard**

Curious about a mental wellness topic that you don't see in any other groups? Bring it to Wildcard! We'll use this recurring time to explore various topics selected by participants.

## **Uniquely you**

Figuring out who you are is a tough job but also very liberating! This group focuses on identity and celebrating all the things that make you uniquely, YOU.