

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beyond Suicidal Thinking 1-2 p.m.	Core Values 1-2 p.m.	Hearing Voices noon-1 p.m.	Discovering Self-esteem 1-2 p.m.	Thinking 101 noon-1 p.m.
Building Relationships 2-3 p.m.	Managing Depression / Bipolar Group 2-3 p.m.	All Pathways to Recovery 1-2 p.m.	Arts & Crafts 2-3 p.m.	Post Traumatic Growth 1-2 p.m.
Holidays / Closures: Monday, July 4.		Anxiety & Stress Reduction Support / Education 2-3 p.m.		Adults On The Spectrum (age 18-35) 3-4 p.m.
		Velveteen Principles 2-3 p.m.		

**Adults on the Spectrum:**

Building A  
Zoom ID 629 285 4870

This group is for people aged 18 to 35 who have been diagnosed with ASD and/or spectrum related disorders that cause similar life experiences. We will share our stories, talk about what Independence means and looks like with/ without accommodation(s) and share community resources. Let's find our voice together!

**All Pathways to Recovery:**

Building A  
Zoom ID 337 365 8918

An All-Recovery meeting welcomes those who struggle with addiction, are affected by addiction and/or support the recovery lifestyle. An All-Recovery meeting is "non- denominational," meaning all pathways of recovery are embraced here.

**Anxiety and Stress Reduction Support/Education:**

Building A  
Zoom ID 354 852 2746

Learn and practice ways to reduce stress and anxiety in your daily life. This includes meditation, imagery and learning techniques to help with "thinking errors" and cognitive distortions. Join this interactive group to fill your tool box with new ways to combat anxiety and stress!

**Arts and Crafts:**

Oasis Clubhouse  
Zoom ID 806 632 7811

Explore the many benefits of art: stress reduction, empowerment, creativity and much more! Learn how to use art as a positive coping tool. Join us to renew your artistic passions. We provide a safe place for self-expression and connection.

**Beyond Suicidal Thinking:**

Building A  
Zoom ID 806 632 7811

This class is for people who struggle with suicidal thoughts and are looking for ways to move beyond them.  
[www.suicideanonymous.net](http://www.suicideanonymous.net)

**Building Relationships:**

Building A  
Zoom ID 847 926 2096

Strong relationships help us solve problems, overcome challenges, provide safety and help navigate stress. While no relationship is perfect, we can learn ways to build healthy connection, with ourselves and those around us.

**Core Values:**

Building A  
Zoom ID 354 852 2746

A journey in Core Values! Learn definitions of a variety of Core Values (e.g. Integrity, Honesty, Compassion, respect, creativity) and identify your top 5. Develop your own Personal Mission Statement! Learn to understand how you got the values you have and evaluate how you might want to change some to better fit who and where you are today.

**Discovering Self-esteem:**

Oasis Clubhouse  
Zoom ID 354 852 2746

Learn ways to increase your self-esteem while reducing symptoms of depression and anxiety.

**Hearing Voices:**

Building A  
Zoom ID 806 632 7811

Here you'll find a safe, non-judgmental space for voice hearers to share and grow. This is a supportive place to build relationships, share successes and work through life's challenges.

**Managing Depression/Bipolar Group:**

Building A  
Zoom ID 806 632 7811

Struggling with Depression and/or Bipolar symptoms can feel isolating and exhausting. Join this peer-led group to learn some new tools in managing symptoms, learning coping skills and building stress tolerance.

**Post Traumatic Growth:**

Building A  
Zoom ID 806 632 7811

This group will focus on how you can achieve profound improvement and meaningful growth in your life after traumatic experiences.

**Thinking 101:**

Building A  
Zoom ID 354 852 2746

Our thoughts, emotions and behaviors impact how we feel and act. Understanding how we think, is the key to changing negative thoughts. Learning new strategies to change these thoughts or make them have less of an effect can have a big impact on our daily outlook. Join the discussion in Thinking 101!

**Velveteen Principles:**

Oasis Clubhouse  
Zoom ID 309 148 8151

Come learn how to become REAL. This group will follow the book The Velveteen principles by Toni Raiten-D'Antonio. This books brings forward principles from the Children's book "The Velveteen Rabbit.". We will go over topics such as possibility, empathy, courage, honesty, generosity, gratefulness, painfulness, flexibility, endurance, and ethics

Building A Main Campus - 515 28 3/4 Road

Oasis Clubhouse 450 Ouray Ave.

