

A RENEWED MIND
MENTAL HEALTH GROUPS
TUESDAY EVENINGS 4:30-6:00

Socialization, Positive Assertiveness and Self-esteem Groups

This group curriculum provides for socialization and self esteem building activities that are developmentally appropriate. Focusing on improvement in social interaction and appropriate communication with others, children and youth learn skills that help build positive relationships. Healthy ways to cope with stress and conflict are addressed. The curriculum also helps build self-esteem while identifying strengths.

Age offerings for this curriculum are as follows:

5-7 y/o Co-ed Group

8-11 y/o girls Group

8-11 y/o boys Group

Anger Management and Social Skills Group for 13-17 y/o boys

This group curriculum helps to teach alternative ways of handling anger and conflict with peers and adults. Content focuses on positive peer culture, healthy management of anger/stress and goal setting for the future.

Self Esteem Group for 13-17 y/o girls

This group curriculum focuses on how to feel good about ourselves just as we are! The themes that contribute to poor self esteem are explored and girls are allowed to identify and express their strengths with support and guidance. Positive peer culture will be used to create a safe place to explore strengths.

***Trauma Recovery and Empowerment Group for women
ages 18 and older***

This group curriculum assists women participants in identifying, understanding and healing from the trauma of sexual, physical or emotional abuse. The group focuses on empowerment and wellness issues designed to help women overcome feelings of victimization. Women are twice as likely as their male counterparts to suffer from a traumatic event, which may lead to depression, anxiety, and problems coping with life. Through discussion and guided exercises, the group offers hope and healing to female victims of trauma.