

# ***A Renewed Mind***

## ***Perrysburg Groups***

### ***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:

15-18 y/o women's Group

19-30 y/o women's Group

19-30 y/o men's Group

### ***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. Through discussion and guided exercises, the group offers hope and healing to female victims of trauma. "Faith is taking the 1<sup>st</sup> step even when you can't see the whole staircase." Martin Luther King, Jr.

### ***Suboxone Education Group***

1 time education session to learn about Suboxone treatment, before enrolling in medication assisted treatment.

### ***Socialization, Skills Building for males with Autism, ages 16-19***

### ***Early Adolescent Chemical Dependency Group***

For at risk youth in the early stages of substance abuse, males and females ages 11-14 yrs.

### ***Redevelop Yourself***

For males, 25-40 yrs, rebuilding lives in recovery.

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**[www.arenewedmindservices.org](http://www.arenewedmindservices.org)**

