


<p><b>Group Descriptions</b></p> 	<p><b>Anger Management</b> Support Group for individuals and their families on different coping skills to help deal with anger.</p>	<p><b>Anxiety/Anxiety Relief</b> Support Group for individuals and their families on different coping skills to help deal with anxiety.</p>	<p><b>Arts Group</b> Groups that promote recovery through arts and creativity. Such as creative writing, music and crochet.</p>	<p><b>Bore No More</b> Socialization group for those looking to improve social skills and socialize with others.</p>
<p><b>Class of Positivity</b> Support group that explores positive coping skills to encourage recovery.</p>	<p><b>College group</b> Support group for local students from the surrounding colleges to help cope with current issues of college life.</p>	<p><b>Dual Recovery Anonymous</b> Group for individuals with a dual diagnosis using the 12-Step recovery format.</p>	<p><b>Employment Workshop</b> Group the provides guidance and assistance for individuals seeking jobs/careers.</p>	<p><b>Freedom Through Reality (Bi-Polar)</b> Support group for individuals and their families on different coping skills and information.</p>
<p><b>Grief and Loss</b> Support group that assists individuals dealing with any loss.</p>	<p><b>Limited to Limitless</b> Support group for individuals with any physical disability.</p>	<p><b>Lose the Blues (Depression)</b> Support group for individuals and their families that discusses how to cope and overcome depression.</p>	<p><b>Kid's Zone</b> Support group for kids (ages 7-12) that helps develop social skills through various activities.</p>	<p><b>Men's Depression</b> Support group for men that discusses how to cope and overcome depression.</p>
<p><b>Money Management</b> Group that informs individuals on financial resources and skills.</p>	<p><b>Senior Socialization</b> Support group for older adults building on positive relationships through social skills.</p>	<p><b>Senior Calm</b> Support group for older adults building on positive relationships through practicing stress management skills.</p>	<p><b>Socialization Group</b> Support group for individuals building positive relationships through social skills.</p>	<p><b>Spirituality</b> Support group for those that use their spirituality as a coping skill.</p>
<p><b>TAY Anxiety</b> Program for Transitional Age Youth (ages 16-25) based on improving life, social skills and independent functioning.</p>	<p><b>TAY Hope</b> Program for Transitional Age Youth (ages 16-25) based on improving life, social skills and independent functioning.</p>	<p><b>Teen Hour</b> Support group for teens (13-15) that discusses how to cope with teenage issues of life.</p>	<p><b>Women's Depression</b> Support group for women that discusses how to cope and overcome depression.</p>	
<p><b>GRUPOS EN ESPAÑOL</b></p>	<p><b>Comadres Y Compadres</b> Un grupo para desarrollar diferentes habilidades.</p>	<p><b>Familia Unida</b> Un grupo para las familias que necesitan apoyo con los niños y adolescentes que presentan conductas problemáticas.</p>	<p><b>Grupo de Socializacion</b> Un grupo de apoyo para personas interesades en construir relaciones positivas a través de habilidades sociales.</p>	<p><b>Sobrellevando la Ansiedad</b> Un grupo para aprender diversas habilidades sobre como sobrellevar la ansiedad.</p>