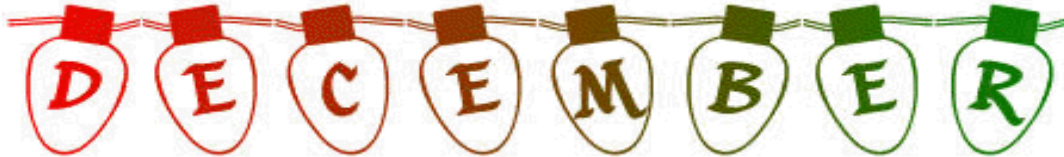


# ON OUR OWN

Of Charlottesville



123 4<sup>th</sup> Street NW, Charlottesville 22903 | (434) 979-2440



## Monday

Open: 10am – 5pm

10:30 Mindfulness Meditation

12:30 Anger Management

2:15 Peer Support

4:00 Music/art/social

## Tuesday

Open: 10am – 5pm

10:00 Writing Group

12:30 Brunch Talk

2:15 Peer Support

4:00 Music/art/social

\*TAPPING GROUP-First Tuesday 12:30

## Wednesday

Open: 12pm – 5pm

12:30 Addiction or Anxiety

2:15 Peer Support or  
LBGTQ Support Group

4:00 Recovery Thru Music



Last Wednesday  
2p – 5p



Spaghetti  
Last Wednesday  
1:30p

## Thursday

Open: 11am – 5pm

12:30 WRAP or Survivors of  
Sexual Abuse & Assault Group

2:15 Goals Group

4:00 Seeking Safety

## Friday

Open: 11am – 5pm

12:30 Assertiveness or  
Acu-detox

2:15 Peer Support

4:00 Knitting/Crochet Group

## Saturday

Open: 11am – 5pm

12:30 Seeking Safety

2:15 Peer Support

4:00 Art/games/social

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All groups are an hour long with social time in between.

KISS Group of Narcotics Anonymous has moved to The Crossings

Groups and times are subject to change. See website for updates.

## Description of Programs:

**OPEN GROUP:** Anyone is welcome. Please be on time.

**WORKSHOP:** Scheduled for a specific length of time. See facilitator if you wish to observe a session.

**Acu-detox:** A well-established method of acupuncture that targets specific points on the ear involving detox and craving pathways. Relaxed and calm feelings are typically experienced with treatments. **OPEN**

**Addiction Group:** A group designed to discuss addiction issues and mental health challenges. **OPEN**

**Anger Management:** Focuses on coping skills and tools to help manage anger and emotion management. **OPEN**

**Anxiety Group:** Each week will help build skills for coping with different types of anxiety. **OPEN**

**Assertiveness:** Learn how to have successful relationships without using damaging or faulty strategies. Assert yourself without feeling taken advantage of or without hurting others. **OPEN**

**Brunch Talk:** An opportunity for members to discuss current events happening locally and around the world, specifically focused on mental health issues **OPEN**

**Knitting/Crochet Group:** A group where you can knit/crochet with people or learn how to knit and crochet. Supplies provided, or you can bring your own supplies! **OPEN**

**LGBTQ Support Group:** Do you need support? We offer peer support on Wednesdays for members who identify in the LGBTQ community to provide mutual support for each other. **OPEN/NEW**

**Men's Peer Support:** Meet every Tuesday during peer support. Inclusive to those who identify as men, or people outside the gender spectrum more comfortable in this group. **OPEN**

**Mindfulness Meditation:** The practice of mindfulness involves being aware moment - to - moment, of one's inner self. This promotes wellbeing and a reduction in stress, anxiety and depression. **OPEN**

**Peer Support Group:** Do you need support? We offer a daily peer support group to provide mutual support for each other. **OPEN**

**Recovery Art:** Express yourself through art and activities relating to and aiding in your recovery. **OPEN**

**Recovery Thru Music:** Choose a song that means something to you, we will play it and discuss. **OPEN**

**Social Time:** Free time to socialize, watch television, prepare food, check mail, and use the computer to further your recovery. **OPEN**

**Tapping Group:** Tapping is a simple technique you can use to reduce stress, anxiety and anger, and speed up progress towards your goals. Tapping involves gentle tapping on your body's acupressure points while making statements of what you want to change and how you want to feel. It's easy to learn and grows in power as it is practiced over time.

**THE 1ST TUESDAY OF THE MONTH DURING BRUNCH TALK. OPEN**

**Seeking Safety:** A group focused on establishing safety (including teaching safe coping skills) in trauma recovery. **OPEN**

**Survivors of Sexual Abuse & Assault Support Group:** Provide individuals who were sexually abused or assaulted opportunities to address their own needs and desires, leading to their own well-being, their further integration into society, and their making positive contributions to the community. **OPEN**

**Women's Peer Support:** Meet every Tuesday during peer support. Inclusive to those who identify as women, or people outside the gender spectrum more comfortable in this group. **OPEN**

**WRAP (Wellness Recovery Action Plan):** Learn how to get well and stay well with Mary Ellen Copeland. Led by 2 WRAP facilitators. **WORKSHOP**

**Writing Group:** Write something you've always wanted to write and/or something to make sense of your life. **OPEN**

**GOALS Group:** Meet every Thursday during Peer Support. Members update goals and create new ones. **OPEN**

**HERBAL CLINIC:** Botanica Herbs & Healing is a mobile free clinic where graduates and students of Sacred Plant Traditions will offer herbal consultations to the underserved populations in Charlottesville and surrounding counties.

**SPAGHETTI LUNCH:** To celebrate those who have had birthdays during the month.