

# ON OUR OWN

Of Charlottesville



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

# MARCH

## Monday

Open: 10am – 5pm

11:30 Chair Yoga

1:00 Anger Management

3:00 Peer Support



## Thursday

Open: 11am – 5pm

1:00 WRAP or Survivors of

Sexual Abuse & Assault Group

3:00 Goals Group

## Last Wednesday

2pm – 5pm

## Tuesday

Open: 10am – 5pm

10:00 Writing Group

1:00 \*Brunch Talk or Addiction

3:00 Peer Support



## Spaghetti

## Last Wednesday

2:00

## Friday

Open: 11am – 5pm

1:00 Assertiveness or Acu-detox  
or Roots & Visions

3:00 Peer Support or  
Even Keel

## Wednesday

Open: 12pm – 5pm

1:00 Anxiety or Acu-detox

3:00 Peer Support or  
LGBTQ Support Group

## Saturday

Open: 11am – 5pm

1:00 Seeking Safety

3:00 Peer Support

\*TAPPING GROUP-First Tuesday 1:00 \*MEDITATION GROUP-Third Tuesday 1:00

**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.**

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. Medically assisted treatment friendly. **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**

Chair Yoga: Develop your yoga practice for excellent selfcare while sitting in a chair. Excellent for flexibility, stress reduction, and overall relaxation, this gentle practice is great for all levels of practitioners. **OPEN**

Even Keel: Mood challenges /Depression Support Group, led by Patricia Pollock for over 20 years. **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**

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

ROOTS AND VISIONS: Do you have voices, visions, unusual beliefs or any other kinds of unique experiences that you want to be able to talk about and explore in a safe environment with others? Join us to share and understand through peer support. All perspectives are welcome. Facilitated by Beth Gager, a certified Hearing Voices Network Facilitator. **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**

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

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.