

# ON OUR OWN

Of Charlottesville



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



## Monday

Open: 10am – 5pm

11:30 Chair Yoga or  
Addiction

1:00 Anger Management

3:00 Peer Support



Last Wednesday  
2pm – 5pm

## Thursday

Open: 11am – 5pm

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

2:15 Goals Group

4:00 Finding Meaning

## Tuesday

Open: 10am – 5pm

10:00 Writing Group

1:00 \*Brunch Talk

3:00 Peer Support



Spaghetti  
Last Wednesday

2:00

## Friday

Open: 11am – 5pm

12:30 Assertiveness or Acu-detox

2:15 Peer Support

4:00 Even Keel

## Wednesday

Open: 12pm – 5pm

1:00 Anxiety or Acu-detox

3:00 Peer Support or  
LBGTQ Support Group

6:00 SMART Recovery

## Saturday

Open: 11am – 5pm

1:00 Seeking Safety

3:00 Peer Support



\*Garden Group: Every  
Other Wednesday: 3:30 \*

**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**

Finding Meaning: Exploring and discovering the unique expression of life that is you. Inspired by Victor Frankl's *Man's Search for Meaning*. **OPEN**

Garden Group: Join us every other Wednesday to work in our garden! We will receive assistance/educational sessions from the Piedmont Master Gardeners one Wednesday per month. **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.

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

Meditation Group: Third Tuesday of every month from 1-2 PM. **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**

SMART Recovery: SMART is an acronym for Self-Management and Recovery Training. The SMART Recovery approach is secular and scientifically-based, using cognitive behavioral therapy (CBT) and non-confrontational motivational methods. **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.