

ON OUR OWN

Of Charlottesville



123 4th Street NW, Charlottesville 22903 | (434) 979-2440



Monday

Open: 10am – 5pm

1:00 Anger Management

3:00 Peer Support



Last Wednesday
2pm – 5pm

Tuesday

Open: 10am – 5pm

10:00 Writing Group

1:00 Brunch Talk

3:00 Peer Support



Spaghetti
Wednesday,
June 26th
2:00

Wednesday

Open: 12pm – 5pm

1:00 **Anxiety*** or Acu-detox

3:00 Peer Support

6:00 SMART Recovery

Thursday

Open: 11am – 5pm

12:30 WRAP or Survivors of

Sexual Abuse & Assault Group

2:15 Goals Group

4:00 **Finding Meaning****

Friday

Open: 11am – 5pm

12:30 Assertiveness or Acu-detox

2:15 Peer Support

4:00 Even Keel

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.

Last Anxiety group will meet on June 12th.

****Finding Meaning group will not meet June 6th and June 13th.****

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**

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**

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**

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.