

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



Mindfulness Meditation
Thursdays @ 10:30am

Thursday

Open: 11am – 5pm

12:30 WRAP

2:15 Goals Group

Tuesday

Open: 10am – 5pm

10:00 Writing Group

1:00 Brunch Talk

3:00 Peer Support

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

6:00 SMART Recovery



Spaghetti

Wednesday,
August 28th @ 2pm

Saturday

Open: 11am – 5pm

1:00 Seeking Safety

3:00 Peer Support

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**

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**

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**

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

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