

**Alternatives to Suicide:** This group is, a safe space where people with similar experiences get together to talk about all the alternatives we have, surrounding the topic of suicide, in a non-clinical and non-judgmental space. Thursdays 11:15 -12:15

**ASL:** American Sign Language also known as ASL will allow you to learn how to sign and will also teach you the cultural aspects of American Sign Language. All are Welcome. Mondays 10:45 - 11:45

**Breaking Cycles:** This group is focused on fostering wellness and compassion for ourselves while recognizing our ability for self-growth. We all make mistakes and sometimes harming others can also be a source of trauma for ourselves. This is a non-judgmental space where we share stories and strategies to empower ourselves in reaching our goals. Mondays 12:00 - 1:00

**Community Gathering:** It's an opportunity for the community to get together to discuss and make decisions in matters related to our center. Tuesdays 11:15 - 12:15

**Compulsive Behavior Support Group:** This is an opportunity to get support or give support around behaviors that are compulsive, including but not limited to over eaters, shopaholics, etc. Wednesday 11:30 - 12:30

**Coping with Anger:** Learn and share ways on how to deal with, how to cope with, as well as how to release your anger in a non-harmful way. Mondays 11:00 - 12:00

**Death Cafe:** Our objective is to increase awareness of death with a view to helping people make the most of their (finite) lives. Day and time to be determined

**Guitar 101:** Learn to play guitar and enjoy the healing power of music. Thursdays 1:30 - 2:30

**Karaoke:** Join us for a fun afternoon full of conversation, pizza, karaoke, singing, and dancing. Fridays 4:30 - 6:00

**Life After Violence:** This is a non-judgmental space to discuss the trauma of having harmed others. In this group, we make intentional space to share stories and strategies towards accountability and self-recovery while fostering compassion for ourselves.

Wednesdays 2:30 ~ 3:30

**Living with Loss:** An opportunity to share and listen to experiences about loss and together can provide help, hope and grieving support to one another. Thursdays 10:00 ~ 11:00

**Morning Jump Start/Peer Support:** Start up your week with a hot cup of joe in a relaxed and supportive environment. Mondays 9:30 ~ 10:30

**Peers of Color Support:** This meeting has been designed for Peers who identify themselves as people of color. It is safe space to all that are working on personal growth and strength by sharing recovery stories, power, and wisdom in a setting of mutuality and non-judgment. Wednesdays 10:45 ~ 11:45

**Peer Support Meetings:** An opportunity to share and listen to experiences and together can provide help, hope and support to one another. Daily, Thursdays 2:35 ~ 3:30

**Recovery Through Art:** This In this group we will use creativity as a tool of relaxation and wellbeing. All art and craft projects will fit all artistic levels, from beginner to advanced. Projects may include drawing, collage, painting and more. Fridays 1:45 ~ 3:15

**Recovery Through Rhythms:** Come find the rhythm master in yourself as you drum, play and sing with other peers! Open to all—you don't need experience, and drums will be available. We'll have a blast creating freestyle rhythms! Fridays 3:30 ~ 4:30

**Sharing & Caring Conversation:** This is a time to spend with others who want to share thoughts and support each other. Tuesdays 10:00 - 11:00 & Fridays 12:30 - 1:30

**Spirituality and Wellness:** This is a time to spend with others who want to share how their spirituality has helped them along their journey toward wellness and healing. (a non-denominational group setting) Thursdays 1:35 - 2:35

#### **Systems Survivor Group:**

The systems survivor movement is an emerging movement born from an understanding that systems and constructs intrinsically affect all aspects of the human experience. This group will offer an opportunity to discuss what it means to be a system survivor and how systems of oppression inherently create movements that look to uproot them. Awareness of such movements, systems and constructs allow for people to become better allies to those who identify as systems survivors as well as use their own experience within systems to contribute to a culture of empathy. Thursdays 2:35 ~ 3:30

#### **Trauma-Informed Addiction/Dual Diagnosis:**

This weekly group is geared toward those of us with lived experience, while also dealing with the obstacles and challenges that other addictions i.e., alcohol, narcotics, gambling, shopping can bring to one's recovery. Tuesdays 1:30 ~ 2:30

#### **Voice Hearers Support Meeting & Alternative Realities:**

A support group for those who hear voices and/or experience reality in different ways. Wednesdays 1:15 ~ 2:15

**Wellness Wednesday:** Various physical and mental health topics such as diet, eating habits, exercise and peer support. Wednesdays 9:30 ~ 10:30

**Yoga with Lindsey:** Join our instructor Lindsey in a relaxing and fulfilling experience, people of all levels and abilities are welcome. Mondays 1:30 ~ 2:30 + 15 minutes optional time for extra stretches &

Tuesdays 2:55 ~ 3:30 + 15 minutes optional time for extra stretches.

**Zumba with Andrei:** Dancing burns calories, strengthens bones and muscles; improves physical, emotional and mental balance. Zumba also reduces pain, slows the aging process and contributes to wellness. Mondays 12:30 ~ 1:30

### **En Español:**

**Apoyo entre compañeros:** Una oportunidad para escuchar y compartir experiencias y juntos podemos prestar ayuda, esperanza y apoyo Mutuo. Lunes 11:15 ~ 12:25 / Jueves 11:00 ~ 12:00 en Kiva

**Almuerzo Latino:** Este almuerzo es para nosotros unirnos como una comunidad, volver a estar juntos. Vamos a hablar de muchos temas alrededor de la recuperación y el estímulo del poder latino. Únase a nosotros en este almuerzo gratuito. Martes 12:30 ~ 2:30

**Karaoke:** Únase a nosotros para una tarde divertida llena de conversación y karaoke. Cantando y bailando. Viernes 4:30 ~ 6:00

### **Out in The Community:**

**Dual Recovery Support at PTRC** is a Self-determination based support group for people who identify both as someone seeking recovery from both "substance use and an emotional or mental health struggle simultaneously." – This group is a closed group. Only available for Peers Receiving Services at PTRC .

**Informational Meetings:** An opportunity for people to get more information about the RLC, the Peer Movement, and services that are available.

**Peer Support Meetings:** An opportunity to share or listen to experiences and together can provide help, hope and support to one another.

**Voice Hearers Support Meeting:** Are you a voice hearer? Would you like to meet with others who hear voices? If so, come to our support meeting. Tuesdays at Milford Town Library 11:00 ~ Noon