

Description of Our Classes and Groups

ANXIETY & STRESS REDUCTION SUPPORT GROUP

We all deal with anxiety and stress in today's world. Learning skills to deal more effectively can help advance Recovery! There are many books and CDs you can borrow when you attend this class. Come and share your ideas with your peers.

"CONSUMER PEER SPECIALISTS TRAINING"

A CPS is a volunteer who has a number of tools at their fingertips to help a peer solve problems, learn skills, connect to community services, identify ways to interrupt symptoms and raise awareness of the many aspects of Recovery.

"DEPRESSION AND BIPOLAR SUPPORT GROUP"

Call for location. This group is usually another general support group, where you have the opportunity to share your thoughts, feelings and concerns about your illness. Depression is very common and debilitating. Being able to discuss ways to handle it can be very helpful.

"EMPOWERING WOMEN"

For women only. Come join us for a time of relaxation, conversation, and time to just be who we are. Women play many different roles in life, and it's easy to lose themselves, to get stressed out, and to want to quit altogether. We will learn ways to de-stress ourselves, to relax, to boost our self-esteem, learn boundaries; change our thoughts and understand our core beliefs.

"NAMI" MONDAY WEEKLY

There is no agenda, we just talk about what's going on with us, and try to find some answers to problems that group members may be experiencing. We also share resources we know about that can be very helpful. Give it a try and see if it's helpful to you.

"NAMI" 3rd. Wednesday

The support component is available for those desiring it. The education varies from month to month, and we want to hear from you about what education you'd be interested in. Sometimes we have speakers, and other times we watch videos. Any subject is a possibility if there is interest. What would you like to learn?

"POSITIVE THINKING"

Positive Thinking, can make your life better! We as consumers and family members have a greater need to learn this. We will be using materials from "leaders in the field", to learn new skills to help you become a positive thinker. Mental health improves as your thinking improves.

“RECOVERY FOR LIFE”

Recovery For Life (RFL) is a six month class that includes many different things that help consumers achieve Recovery, and will help family members gain needed education, too.

“THINKING 101”

This class studies the book that was written to help anyone see how important it is to understand how your thinking creates your emotions. It gives you skills you can use to take control of those thoughts that can cause us all so much trouble. Any one, consumer or not, can have thoughts that create problems in their life. The thoughts create feelings that often lead to, or make anger, anxiety and depression much worse. Now who can't benefit from learning how to better control their thinking, so that they can create a far more pleasant life?

“WOMEN'S GROUP”

Our lives as women are impacted by so many things, and we deserve all the help we can get! We will be learning many ways to deal with life's challenges and trauma. Books and CD's are available for loan to class participants.

Important Information:

Colorado West Mental Health

515 28 3/4 Rd.

Adult services 970-241-6023

Child & Family 970-245-3270

www.cwrnhc.org/peerindex.htm

NAMI

National alliance on Mental Illness

1-800-950-6264

www.nami.org

www.namicolorado.org

Mental Health America

1-800-969-6642

www.nmha.org