

# Course Descriptions Winter 2025

## ACT for Anger

*(Clinical)*

This class is for anyone who struggles with chronic, uncontrolled, or suppressed anger. will help you understand your anger and express intense emotions in healthier ways. You'll learn to identify the root cause of your anger, stay mindful and present in difficult situation, and cultivate kindness and compassion towards yourself and others. Rather than seeing anger as an obstacle to healthy living, we'll focus on wise and flexible ways of relating to anger. Learning to be with anger and not a puppet to anger will be our goal.

## Addiction Recovery Skills

*(IDDT)*

This class is designed for individuals who are dealing with and in recovering from addiction. We will cover a range of topics essential for recovery, including understanding addiction, building coping strategies, managing triggers, and developing life skills for sustained sobriety. This class will ask you to look deep inside yourself to discover what led to your use, how you can overcome it and to remember that you are not alone on your journey. A commitment to stop using substances is not required.

## The Art of Gratitude

*(CRS Coping Skills)*

In this art class focused on gratitude, you will explore creative ways to express appreciation through various mediums, such as painting, drawing, or collage. Weekly, you will reflect on what and who you are thankful for, translating those feelings into art. All in all, you will create pieces that celebrate positivity, mindfulness, and the beauty of gratitude in everyday life. What a great way to start the week!!

## Art for Self-Esteem

*(CRS - Coping Skills)*

Come and learn how art can be a powerful tool for increasing self-esteem. Participants will engage in a variety of art therapy exercises geared towards discovering strengths, sources of inspiration, and self-reflection. We will also explore what might be holding you back or weighing you down in the hopes of bringing some relief to those feelings.

## Behavioral Activation for Depression

*(CRS-Coping Skills Group)*

This group will focus on learning more about and practicing behavioral activation, which is an evidence-based treatment for depression and a CBT (Cognitive Behavioral Therapy) skill. Behavioral activation looks at the way behaviors and feeling affect each other. It provides support with getting unstuck, boosting mood and motivation, and better connecting with what matters to you. If you're struggling with depression, come to this group and see if there are strategies you can implement to support your recovery.

## **Building Self-Esteem**

*(CRS-WSM Coping Skills Training)*

This class will help participants understand the origins of self-esteem and the interactions of self-esteem and mental health. Participants will discuss and practice ways to discover how to recognize and challenge negative thought patterns, embrace strengths and foster a strong sense of self-worth.

## **Buried in Treasures**

*(CRS – Problem Solving)*

In this group, we will discuss hoarding and other life challenges regarding letting go. We will talk about concrete ways to declutter our lives, as well as understanding the effects of mental health and substance abuse barriers on our lives on our abilities to let go of unhelpful things in life.

## **CBT for Smoking Cessation**

*(IDDT)*

CBT can help you identify your smoking triggers, such as specific situations, emotions, or activities, and can help with developing alternative behaviors to replace smoking. This may involve implementing new coping strategies, engaging in healthy activities, or using relaxation techniques to manage cravings. CBT is considered the best practice for smoking cessation. Even if you are not ready to quit right now – come and learn about your options.

## **Challenging Cognitive Distortions**

*(CRS- Problem Solving Skills Training)*

Participants will learn about common unhelpful thinking styles. Participants will identify unhelpful thoughts and learn how to challenge these thoughts by exploring the evidence. This is a strengths-based class focusing on changing negative thought patterns to healthier thoughts.

## **Clean up and Coping**

*(CRS – Coping Skills Training)*

Several days per week PROS we are eating together. Join us afterwards to support the community with clean up. As things are getting tidy and when we are done cleaning, we will spend our time discussing different coping that is going well for each of us, and learn new skills along the way.

## **Considering Employment: The Pros & Cons of Working**

*(CRS-WSM Problem Solving Skills Training)*

This stage-wise class will help participants think more about what employment means to them. We will discuss the risks and rewards of having a job. Benefits Planning will be a big part of what we talk about to help everyone understand the effects that wages will have on Social Security, housing subsidy, and DSS derived (Medicaid, SNAP, etc.) benefits.

## **Coping through Crafting**

*(CRS-WSM Coping Skills Training)*

Want to find another way to express your emotions besides talking about them? Maybe art would be a way that appeals to you. Art can be a great coping skill as well as a way to connect with others! No experience needed. Projects will vary and allow for people with different

levels of experience to find something that works for them.

### **Coping with Chronic Pain**

*(Clinical)*

In this class we will learn more about how the brain processes pain, explore different ways of relating to pain, and practice skills to cope with chronic pain. We will learn about and practice skills in different areas of life, including physical activity, social connection, working with thoughts and emotions, and connecting with meaning and purpose.

### **Creating a Healthier Life**

*(CRS Basic Living Skills Training)*

Everyone's journey to well-being is unique. By taking time to understand and nurture all parts of yourself, you can achieve a balanced life in a way that is tailored to your mind, body and environment. We will be delving into the eight dimensions of wellness; by exploring these dimensions and making positive changes on each area, you can create a healthier happier lifestyle.

### **Cross Stitching**

*(CRS-WSM Coping Skills Training)*

Need a way to relax your mind and body in a supportive environment where you can talk about things that are upsetting you in life? This is the perfect opportunity! Staff will teach basic cross stitching while leading conversations focusing on coping and problem solving skills in everyday life. No materials or skills needed. We will provide you with materials.

### **Cultivating Resilience after Trauma**

*(CRS Coping Skills Training)*

The goal of this group is to understand the effects of trauma on the body and brain with a particular focus on the process of healing trauma and building resilience. Participants will explore their vulnerabilities, discover their strengths, learn healthy coping skills, and cultivate mind-body practices so they are better able to meet their needs in the face of life's challenges.

### **Current Events**

Peer led discussions about things that matter to you! Need a place to talk about things going on in our World with others who are interested in exploring feelings around current events? This group will be moderated by a peer to maintain respectful and curious dialogue.

### **DBT DEAR MAN**

*(CRS-WSM Coping Skills Training)*

In this group participants will learn the DEAR MAN skill and practice its use. DEAR MAN is a tool designed to support more effective communication between individuals. DEAR MAN helps individuals say difficult things in an effective way to try to have their needs met within relationships. DEAR MAN is one of the Interpersonal effectiveness skills of DBT.

### **DBT Drop in**

*(CRS-WSM Problem Solving Skills Training)*

This class will focus on teaching and reviewing DBT skills while using them with examples provided by class participants. DBT Skills Practice can be taken alone or with other DBT classes to improve participants' ability to apply the DBT skills that they have learned to situations

currently happening in their lives.

### **DBT Emotional Regulation**

*(CRS Coping Skills Training)*

Emotion regulation is a dialectical behavior therapy skill used to understand the purpose of emotions, identify the urge that accompanies each emotion, & increase your ability to choose your reaction as opposed to being taken over by the wave of your emotions. In this class we will learn to identify & label emotions, identify obstacles to changing emotions, increase mindfulness to current emotions, & how to apply distress tolerance techniques.

### **DBT Mindfulness**

*(CRS-WSM Coping Skills Training)*

This class will focus on further learning of DBT skills such as mindfulness, meditation, art therapy, and task-focusing. Participants will engage in mindfulness activities each class and will be asked to practice these skills on their own which they will document in daily journal entries. Participants will engage in short meditation activities each class that range from 3-10 minutes.

### **DBT Toolbox**

*(CRS-WSM Coping Skills Training)*

In this course participants will learn and practice 12 concrete DBT skill adaptations to add to their tool box to help manage difficult emotions. Some of the skills include: Mindfulness, Imagery, Artistic Expression, Journaling and Meditation.

### **Dungeons and Dragons**

*(CRS- WSM Problem Solving Skills Training)*

This is new and exciting! Practice solving problems and working with others through this table top role playing game. NO EXPERIENCE NECESSARY! We will work with participants to design missions and characters who provide opportunities for players to successfully overcome the same mental health or substance use barriers they experience in life - in the game! Solving problems in "real life" is much easier when you have already had practice through this table top role playing game.

### **Embroidery**

*(CRS Coping Skills)*

Embroidery is an age-old hobby that many people have used to not only create beautiful things, but also to help manage stress and anxiety! Learning new things is good for our brains! Come and learn together! No experience necessary, just a willingness to challenge yourself and work through difficulties!

### **Embracing Imperfections**

*(CRS Coping Skills Training)*

Living with perfectionism can be exhausting. It's a cycle that leaves you feeling inadequate, no matter how much you achieve. We can break free from this cycle and embrace the beauty of imperfection and find more joy in everyday life. In this group we will read from The Gifts of Imperfection by Brenne Brown, Self-Compassion by Kristen Neff and The Forgiveness Workbook by Eileen Barker. We will learn to let go of who we think we should be and embrace more fully who we are.

## **Emotional Intelligence Skills**

*(CRS-Problem Solving Group)*

In this group, we will be focusing on emotional intelligence evidence-based skills drawn from emotion efficacy therapy (EET) and acceptance and commitment therapy (ACT). We will learn how better awareness of emotions and the ability to communicate assertively help us improve our connections and deepen our relationships with others. We will learn ways to effectively navigate conflicts while also honoring our own values and needs.

## **Fiber Arts**

Do you have a project that you started working on but lost your umph to continue? Do you want to learn new crafts from your peers? This group is great for socializing and developing more coping skills for your wellness toolbox.

## **Leather Working**

*(CRS Coping Skills)*

In this group you can explore the ancient art of leatherworking. We will hand sew our creations and learn together as we go. This is another way to build coping skills, be creative in problem solving, overcome frustration and maybe even find a new hobby!

## **Let's Bake It**

*(CRS BLST)*

PROS Kitchen should give the feel of a warm and happy home that not all have experienced. We will use problem solving, basic living and coping skills as we enjoy mixing up some favorite recipes for the rest of the PROS family to enjoy.

## **LBGTQ+ Peer Support**

*(CRS Basic Life Skills Training)*

This class will explore the connection between how participants experience their sexuality and gender in relation to their mental health. The goal of this group is to provide an affirming space for individuals to identify ways of experiencing, expressing, and exploring gender and sexuality / orientation in ways that positively impact mental health and wellness.

## **Loneliness**

*(CRS Coping Skills)*

We will explore what it means to be lonely, how we can remain connected, & feel a sense of satisfaction in life. What does it mean to undo the aloneness we may be experiencing? Throughout this group, we will be sensitive to our feelings while focusing on the purpose of this group – to move beyond & cope with loneliness.

## **Lunch Prep**

*(CRS WSM Basic Living Skills)*

Come join us to improve your cooking skills *and* give back to the PROS community. We will work on preparing, cooking, and baking different recipes to share. Everyone is welcome whether you are a “seasoned” chef or just stepping into cooking for the first time. Cooking is a wonderful way to nourish yourself and others and a potential coping skill to add to your life.

## **Meditation**

*(CRS – Wellness/Self-Management Coping Skills Training)*

There is so much research out there describing the benefits of meditation for health and recovery. Come join us for a weekly group to help start or enhance your meditation practice. We will learn some basic meditation skills and incorporate a block of time for mediation each week. We will try different types of guided meditation and learn breathwork and grounding practices that can support your recovery. This is a peaceful way to start your morning and help bring clarity and calm to your day.

## **Mindful Movement**

*(CRS-Coping Skills Group)*

Mindful Movement will be based on Tai Chi principles and exercises. We will practice grounding ourselves and noticing how our bodies feel while we focus on our movements. It is an opportunity to slow down, feel gravity and get our blood moving.

## **Mindful Self-Compassion**

*(CRS Coping Skills Training)*

Are you kinder to others than you are to yourself? More than a thousand research studies show the benefits of being a supportive friend to yourself, especially in times of need. In this group we will review the teachings from The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive by Kristen Neff. This science-based workbook offers a step-by-step approach to break free of harsh self-judgments and impossible standards in order to cultivate emotional well-being.

## **Peer Support**

*(CRS Self-Help)*

Living with mental health and/or substance abuse issues is difficult. Talking with peers who are working through similar barriers is helpful, but it is hard to know what to say to be supportive. This class focuses on developing skills to be supportive to others, as well as how to set boundaries to keep yourself healthy in the process.

## **Positive Thoughts for a New Day**

*(CRS Basic Living Skill)*

Starting the day on a positive note, with a warm thought in the mind and maybe a warm cup in the hand is what this group will focus on. Each week we will bring positive stories of encouragement and success to inspire and foster hope before engaging in the “hard” work of the day ahead.

## **Quilting**

*(CRS BLST)*

Learn how to quilt and do some basic sewing while talking about how this coping skill can help you manage mental health symptoms. We hope to also create quilts for community good! So we will have a chance to give back to the community through this class, while you are practicing life and coping skills!

## **Radical Acceptance**

*(CRS Coping Skills)*

A class designed to deepen participant's understanding & practice of the DBT skill Radical Acceptance as described by Dr. Marsha Linehan & Tara Brach, Ph.D. This class focuses on ways to practice Radical Acceptance in our everyday life. We will practice cultivating mindfulness around our emotional experiences & promoting a both a positive self-concept & a sense of empowerment that allows for us to make real, effective changes in our attitudes & environment.

## **Recovering Together**

*(IR-Intensive Rehabilitation Integrated Dual Disorder Treatment)*

Are you a person with an addiction to drugs and/or alcohol? If so, come join us for this 12-step group. This group is drawn from AA/NA format. We meet together to share our experience, strength, and hope. We read literature from AA or NA and share where we are at in our recovery process. This group is for anyone with the desire to stop using. We join together to address our common problem and to help each other on our paths of recovery. We read the 12 steps, the 12 traditions, literature from AA or NA, and then discuss a recovery related topic. We can do together what we cannot do alone.

## **Re-Writing Your Story**

Join a peer led creative writing group to learn and practice the power of narrative storytelling in recognizing, processing, and healing personal experiences. This class will pull from the book *Starship Therapise* by Larisa A. Garski LMFT and Justine Mastin, LMFT. Reading the book is encouraged, but not required. This class will handle material that is potentially sensitive. Please be a good judge of your own mental state and readiness in deciding if this is right for you.

## **Seated Yoga**

*(CRS Coping Skills Training)*

Yoga is a practice of mind-body connection that can help people relax, center themselves, and manage difficult emotions. Seated yoga consists of gentle and mindful movements designed to increase body awareness, connect with the breath, stretch, and get blood flowing, all done from a seated position. This class also incorporates meditation practices and breathing techniques for relaxation and stress reduction.

## **Setting Healthy Boundaries**

*(CRS Coping Skills)*

In this group, we will explore how growth with boundary setting can positively impact mental health recovery. We will use the book, *Set Boundaries, Find Peace: A Guide to Reclaiming Yourself* to learn tools and self-reflect on areas where our boundaries may be too rigid or porous. We will explore what might be getting in the way of setting boundaries and how to know when boundary work is needed.

## **Sexuality and Gender**

*(CRS Basic Life Skills Training)*

This class will explore the connection between how participants experience their sexuality and gender in relation to their mental health. The goal of this group is to provide an affirming space for individuals to identify ways of experiencing, expressing, and exploring gender and sexuality / orientation in ways that positively impact mental health and wellness.

## **Social Skills for Employment**

*(CRS Basic Living Skills)*

Participants will learn foundational attitudes, behaviors and personal practices that will help ensure success at work. Topics will include communication skills, teamwork, personal hygiene, etiquette and manners. All intended to help participants become comfortable and fit into their work environment and teams as a trusted, respected and valued co-worker.

## **The Ungame**

*(CRS Basic Living Skills Training)*

"**The UNGAME** was designed for YOU to experience the fun of learning how to communicate more effectively. As you share thoughts, ideas and feelings, you will develop a deeper understanding of others and of yourself. Each person's ability to respond and become involved will improve as he continues to TELL IT LIKE IT IS. You'll find the UNGAME both entertaining AND educational."

## **Trauma and Your Body**

*(IR – Relapse prevention)*

This group will delve into the connection between trauma and the body, helping participants understand how past experiences can manifest physically. Through a combination of guided discussions, body awareness exercises, and mindfulness practices, the group will explore how trauma may influence physical sensations, posture, and overall health. Participants will gain insight into how unresolved emotional pain can be stored in the body, often leading to tension, discomfort, or chronic symptoms. This group aims to empower individuals to reconnect with their bodies and cultivate healthier coping strategies for managing stress and emotional pain.

## **Peer Led Video Games**

Come have fun with some of your peers playing video games in the PROS space. This group is about having fun and connecting with others.

## **WRAP For Work and Reasonable Accommodations**

*(CRS-WSM Problem Solving Skills Training)*

You can work AND you can have a plan to manage symptoms at work. When is the best time to think about what you would do when you are in crisis? Before you are having a hard time! Do you know what you can do every day to help keep you feeling your best and decrease the chance or severity of mental health or substance abuse relapse? This class will help you create your very own step – by – step Wellness Recovery Action Plan.

## **YMCA**

*(CRS Coping Skills Training)*

Want to add some physical activity to your recovery, but unsure how to do that or nervous about going to a gym? You can attend with a PROS staff member to help you through the process and to assist in managing anxiety while you are there! Wednesday you may use the gym, weights, machines, attend a class or use the pool!

## **Yoga**

*(CRS-WSM Coping Skills Training)*

Yoga is an ancient coping skill developed over the centuries to help people relax, center and



manage everyday life. Yoga at PROS is taught by community Yoga instructors with a PROS staff for support. The instructor modifies the Yoga poses so that they are accessible to everyone. This includes practicing Yoga in a chair! Staff will help participants manage anxiety in the group setting, as it arises. Come and do something good for your body and mind!