Class Descriptions for Online Classes

November 9th 2026 to January 29th 2027

All links can be found at recoverycenterhc.org
*Any description labeled with * is hybrid, both in-person and online.*

Brain Games & Trivia: join peers to challenge your mind through trivia, puzzles, word games, and friendly competitions. Whether you're a trivia enthusiast or simply enjoy a good mental workout, this group offers an engaging way to connect with peers, learn new facts, and have fun together.

Creative Writing: Prompt & Share: This group encourages mindful self-expression and recovery through writing. Each week, members will be encouraged to engage in free writing using one recovery-focused prompt and one general prompt. Sharing their work with the group is optional but welcomed.

Cultivating a Spirituality of Joy and Beauty: What brings you joy? What do you find beautiful? As spiritual people, incorporating joy, fun, and beauty into our everyday lives is essential to our mental health and spiritual well-being. Join Fred on Zoom as we explore joy and beauty through the visual and performing arts – including music, dance, poetry, painting, photography, and storytelling – and in our universe – including natural wonders here on Earth and throughout the cosmos. Take time to soak your spirit in experiences of joy and beauty for a renewed sense of self.

Healing Generational Trauma for Black African Ancestry Women (2 hrs)*: This support group will study the newly revised and updated edition *Post Traumatic Slave Syndrome (America's Legacy of Enduring Injury & Healing)* by Dr. Joy Degruy. Join Yolonda as we explore together the ways that we can heal the generational trauma of being Black Women in America. We will incorporate movement, art, writing, and storytelling as a way forward towards healing. This class will be offered in a two-hour block on Wednesday mornings as a hybrid offering. Post Traumatic Slave Syndrome helps to lay the necessary foundation to ensure the well-being and sustained health of future generations and provides a rare glimpse into the evolution of society's beliefs, feelings, attitudes and behavior concerning race in America.

LGBTQIA+ & Friends: A safe and confidential support group offering a welcoming space for LGBTQIA2+ members and their friends/allies to discuss relevant issues, share experiences, and find mutual support.

Music Appreciation and Mental Health: This group focuses on the therapeutic power of music. Each week, members will be invited to share songs based on a rotating theme (e.g., songs that inspire, comfort, favorite songs, or are relatable), fostering connection and insight through shared musical experiences.

Me & My Family: This is a peer-support group dedicated to exploring the complexities of family relationships. Members can share both the struggles and positive moments with their family, friends, or chosen family, and find a safe, supportive space to discuss topics such as loss or the lack of family.

Peer-Led D.B.T.*: Mary, who has spent years taking Dialectical Behavior Therapy, walks you through the lessons and coping tactics that D.B.T offers with a peer support spin. She helps guide you through the DBT journey with a peer-centered approach.

Real-World Skills for Recovery: This class will focus on members sharing about a skill or skill set that they have found useful in their recovery journey. The member would have as little time or up to the entire class time if needed to explain, demonstrate, and share about this skill and how it helped them to improve and maintain their recovery. *Ex: making homemade lemonade, checking the fluids in your car, using eco/green cleaning products, how to reduce your grocery budget, how to do basic sewing repairs, how to cook a casserole and how to practice mindful breathing.* As a group the members and facilitator will work together to plan ahead for when the member will share about their skill so they have time to prepare their presentation.

Staying Spiritually Grounded in Tough Times: What helps you stay spiritually grounded when you experience challenging or difficult times in your life? Join us as we explore different spiritual practices – including meditation, prayer, poetry, and music – to help us stay spiritually connected to our sacred selves. By mutually supporting our interconnectedness in a confidential learning community, we will listen to and savor our individual spiritual journeys of hope, strength, and resilience.