

## Class Descriptions for Online Classes

October 3, 2022 - December 16, 2022

*All links can be found at [recoverycenterhc.org](http://recoverycenterhc.org)*

*Any description labeled with \* is hybrid, both in-person and online.*

**8 Dimensions of Wellness:** This class will focus on the physical, intellectual, emotional, spiritual, social, vocational, financial and environmental dimensions of wellness.

**Anxiety Support Group & Workshop:** Experiencing anxiety and need to add some peer support to your recovery toolbox? Join David on Zoom as he helps individuals work through their anxiety in a supportive and comforting environment.

**Ask the Dietician:** Ever wanted to know something specific about the food you eat? Maybe the vitamins you take? Or maybe you want assistance on how to add healthy food into your diet! Whatever your health needs are, this is an open forum via Facebook Live to help you get your questions answered by a Registered Dietician!

**Bipolar & Depression Support Group:** Struggle with Bipolar or Depression? Feel like you're alone in what you're feeling? This peer support group can help you connect with others that struggle with bipolar disorder and depression to help you feel less alone and more understood. Join David on Zoom!

**Creative Writing:** Students will engage in writing exercises to free repressed emotion and gain clarity for recovery.

**Cultivating a Spirituality of Joy & 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 wellbeing. 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.

**Peer-Led D.B.T.\*:** Mary walks you through the lessons and coping tactics that D.B.T offers with a peer support spin. She has worked through and taken DBT for years so Mary knows her stuff. In this session she will be working with the skills learned in the Interpersonal Effectiveness portion of DBT where we will be exploring what is Mindfulness, the three states of mind plus what and how to be mindful. In exploring Interpersonal Effectiveness we will be exploring objective effectiveness, relationship

effectiveness and self respect effectiveness. You will learn to get what you want and need from others. How to set boundaries and how to say yes or no to a request.

**Expanding Your Spiritual Practices & Rituals:** Spiritual self-care is an essential holistic component of maintaining good mental health. Are you looking for some new and interesting spiritual practices and rituals to invigorate and grow your spiritual life? Join Fred on Zoom as we explore a variety of spiritual practices and rituals from different faith and spiritual traditions – including lectio and cinema divina, spiritual sound baths, Taizé prayer, nurturing gratitude and compassion, and deep listening meditations – to expand our ability to spiritually connect with ourselves, others, and all of creation. Everyone – no matter what your faith or spiritual tradition is (including none) – is welcome to attend this class!

**Exploring Our Spiritual Healing Through Film:** How can you nurture your own journey toward greater spiritual healing and wholeness? The spiritual process of healing from mental health challenges can lead us to a place of feeling more hope and peace inside. Together we will watch and discuss a series of short films and explore how each of us individually relates to them through our spirituality and personal experiences of mental health challenges and journeys of recovery.

**Guided Meditations to Calm & Enrich Your Spirit:** Are you looking for new ways to reduce stress and anxiety and cultivate inner peace? A regular spiritual practice of guided meditation can help you relax, center yourself, and enrich your spirit. Join us for a series of guided meditations that will take you on a journey of imagination and relaxation to promote wellbeing and healing in your recovery process. Following each week's guided meditation (lasting between 10 and 30 minutes), we will take time to contemplate our experiences together.

**Healthy Cooking:** Join Maria on Facebook Live and she walks you through step-by-step on how to cook healthy meals and how each ingredient can benefit your body! She discusses how different foods are great for your health and what to avoid! Plus you get to learn yummy & healthy recipes you can cook right from home.

**Jeopardy:** Join Bill on Zoom as he hosts the gameshow you know and love as Jeopardy! Our online version looks and plays just like the real thing! Sometimes you may even get to build the board and ask the pressing questions! Who will win and be the ultimate Jeopardy Champion?

**LGBTQ & Friends:** The LGBTQ+ and Friends Support Group is a safe, judgment-free place where we learn from one another and provide support for each other. Everyone is

welcome to attend, whether you are part of the LGBTQ+ community or not - or if you are questioning your own identity. Members are especially encouraged to attend if you want to learn how to best support an LGBTQ+ friend or family member. Discussions are respectful of everyone's personal privacy and are open to diverse opinions and sincere questions. You may share as much or as little as you like, or just join to listen and learn! All are welcome!

**Recovery Voices Online:** This is a class where members can become contributors to an online newspaper website, created and run by members and for members. Topics will include photography, poetry, crafts, recipes, resources, paintings, news, events, tech, music, movies, stories, and more. Share your passion, talent, knowledge, advice and more with your peers!

**Sleep Education & Support Group:** Having trouble sleeping? Need some helpful tips and tricks to get a better night's sleep? Join Julie as she provides peer support and discusses ways you can improve your sleep!

**Staying Spiritually Grounded through 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.