

Class Descriptions for Spring Quarter

August 24, 2026 - October 30, 2026

8 Dimensions of Wellness - 8 Dimensions of Wellness is all about Wellness and creating a healthier life. We will learn about topics in Wellness each week through the eyes of the following 8 Dimensions: Physical, Intellectual, Environmental, Emotional, Financial, Social, Spiritual, and Occupational.

All Stars: Level Up - It is an interactive peer recovery support group designed to help participants move beyond simply maintaining recovery and begin intentionally building the life they envision.

Basic Sculpting - Allow participants to create their own art through sculpting clay. Pieces will be fired and then participants will be able to paint their creations and take them home at the end of the class!

Become Your Own Loving Parent: Healing Your Inner Child - In this course you will examine family dynamics you learned in childhood that no longer serve you. With mindfulness, writing exercises, and practical activities you'll replace critical self talk and behaviors with loving kindness and self compassion.

Beginner's Photography - Use your cell phone camera. Learn techniques - lighting, composition, portraiture... Learn to be in the moment and see how taking pictures can help you with self esteem. Share your pictures with others in the class. Select photos you want to print and take them home.

Borderline Personality Workbook - Join us as we explore The Borderline Personality Disorder Workbook by Daniel J. Fox, a practical guide focused on understanding BPD patterns, building emotional awareness, strengthening relationships, and developing effective coping skills. Together, we'll work through key topics and activities from the book, share personal insights, and learn from each other's experiences. This is a supportive space to build skills, discover new perspectives, and celebrate progress, one step at a time!

Chair Boxing - Helps build strength and tone muscle while losing pounds and inches. Participants will learn simple boxing moves such as power punches and combinations followed by a full body cardiovascular workout, all done in a chair!

Coming Out of Your Shell - will help students learn skills as well as provide opportunities in the community to put newly learned skills into practice that will allow you to become more comfortable and friendly with people.

Conflict Resolution - This class will be centered on learning to respond rather than react to challenging interactions with others. Members will work on identifying their triggers and conflict styles in order to be able to better manage their own feelings in the face of conflict. Class exercises (i.e. role play, journaling, open discussion, etc) will allow them to practice healthy resolution skills in both their personal and professional lives.

Cooking on a Budget - Learn how to make delicious, satisfying meals without breaking the bank! This peer-led group will share simple recipes, budget-friendly meal ideas, smart grocery shopping tips, and creative ways to make the most of what you have. Come share ideas, learn from one another, and discover that eating well can still be affordable and fun!

Creating a Journal thru Art - A book binding class and sewing is part of the experience. As a class, we will go through the process of binding our own art journal. After the book binding of the journal is done, we will do various art journal prompts for the rest of the term. During the art journal prompt time we try to incorporate as many different mediums as possible. If you have more than 2 unexcused absences you will be dropped from the class. *This is a 2-hour class*

Depression and Bipolar Support Group- will offer a supportive atmosphere for those living with Depression and/or bipolar disorder. Group members are encouraged to offer support and help facilitate the recovery of their peers through sharing.

Drawing 1.0 - will be a step-by-step drawing class with pencil and paper. We will cover many aspects of creating a drawing such as shading, texture, shadow, lines, and perspective. All levels are welcome to join this class.

Educational Skills: English GED Prep - Covers the principles of English Language Arts including but not limited to: reading, grammar, spelling, and composition following a curriculum designed by the state of Ohio to prepare for General Educational Development Diploma.

Educational Skills: Math GED Prep - Covers principles of Mathematics including but not limited to: Arithmetic, Algebra, Geometry, and Trigonometry following a curriculum designed by the state of Ohio to prepare for General Educational Development Diploma.

Eliminate Negative Self-Talk - *I can't do this! I'm not as smart as they are. I'll never find happiness. I am unloved.* If you have these or similar thoughts, you might struggle with negative self-talk. Even worse, you may not even realize that the thoughts you wrestle with are not true, not helpful, and not kind. In this class, based on Cynthia Kane's *Talk To Yourself Like A Buddhist*, you will learn mindful practices that minimize the negative chatter in our minds and release all of that negative nonsense we've lived with all our lives

Gaming for Mental Health – No need for a game console. We will be playing games designed to encourage group communication, while practicing active listening skills. We want to build confidence for social situations and challenge social anxieties. Members will gain strength with practice and carry these skills beyond the classroom.

Gentle Chair Yoga – Enjoy a modified movement and gentle stretching class, following along with the instructor as they take you through this accessible yoga class.

G.I.M.P. - This class will provide knowledge about G.I.M.P, an open-source graphics editor similar to photoshop! Create digital masterpieces in class!

Guitar & Songwriting 101- Guitar & Songwriting 101 will offer peers an opportunity to learn and practice the fundamentals of guitar as well as explore the craft of songwriting more generally. Any peer interested in learning how to play guitar and/or how to write a song is encouraged to apply. Peers are welcomed to bring any instruments of their choosing, but none are required. Guitars are available at the center for peers to use during class. The class will be facilitated by peers Justin and Donnie, and it will be held each Friday from 1:30pm-3:00pm.

Health and Wellness Activities - The Arizona nursing students will be doing engaging activities on Thursday at 1:30 in the multipurpose room.

Health Rhythms Drum Circle - The Health Rhythms drum circle is an hour of connection where we follow a 10-step protocol backed by science and evidence-based studies. These studies have shown that drum circles improve mood, reduce stress and depression, & improve the holistic health of the mind, body, & spirit. This is not a music class; it's a Connection Collection. No prior drumming experience needed :)

Healing Through Art - Working with various materials, projects will be presented to inspire your creative side. This class isn't so much geared for the technical aspects of art as much as it is enjoying the process and creating your work. Each project has a recovery twist. The projects can be one week or several weeks long. There is always music playing in the background to help encourage the creative process. *This is a 2-hour class.*

Interpersonal Skills - This class centers on the "soft" skills of active listening, empathy, and emotional intelligence. Members will improve their communication skills, role play through interpersonal interactions, and develop the skills for open communication, boundary setting, and emotional regulation. The facilitator will provide a safe space for exploring hard questions about the difficulties we experience during socializing/relationship building and encourage honest self reflection that allows members to feel more confident in both current connections and ones they may seek in the future.

Intro to Computers - is a class for computer beginners. You'll learn how to navigate the computer's file system, set up the computer for your own needs, and perform basic functions. If time allows, the use of the Internet Browser may be covered.

Intro to Social Media - you'll learn about the basic functionality of websites like Facebook, X(formerly Twitter) and Youtube. You'll also learn about your digital footprint and some basic cyber security to help you make safe and wise choices when using Social Media.

LGBTQIA2S+ Community and Friends -is a support group for anyone who identifies as LGBTQIA+ or as a friend or ally to the LGBTQIA2S+ community. This support group is a safe, confidential, and judgment-free gathering for us to learn from and provide support for one another. Everyone is welcome to attend – whether you are a part of the LGBTQIA2S+ community or not or in the process of questioning your own identity. Members are especially encouraged to attend if you want to learn how to best support an LGBTQIA2S+ friend or family member. Group discussions are respectful of everyone's personal privacy and are open to diverse opinions and sincere questions. You are invited to share as much or as little as you like – or just come to listen and learn. Join Fred for this in-person class as we share and discuss our life experiences and explore music, meditations, and poetry together to deepen our understanding and appreciation of the LGBTQIA2S+ experience.

LGBTQIA2S+ FILM & TV: NYC's Ball Culture - Join Fred for an in-person exploration of New York City's iconic ball culture through the 1990 documentary *Paris Is Burning* and Season 1 of the groundbreaking series *Pose*. We'll watch and discuss stories of LGBTQIA2S+ communities, chosen families, identity, resilience, and the impact of racism, poverty, and HIV/AIDS. Together, we'll explore how these films portray the importance of finding community, embracing our authentic selves, and creating spaces where everyone can belong. LGBTQIA2S+ individuals and allies are welcome!

Meditation - In this class we will come together each week to find calm, focus on self-love, discover new relaxation techniques, and work on limiting our often negative and excessive thought patterns. Let's enjoy this hour of calm together.

Men's Support Group - Come together and share experiences and support each in various aspects of life. We will focus on safe personal development and mental health. It is a safe and structured environment where men can openly discuss challenges and seek advice.

Microsoft Word - is a word processing program. In this class you'll learn how to format text, Save and load documents, use spell-check to catch errors in your documents, change between documents, and add pictures, images, and charts to text.

Mindful Self Compassion 2 - Are you a lot kinder to others than you are to yourself? Do you struggle with accepting and supporting yourself? Could you use more self-compassion? If so, this class is for you. We will utilize a guided workbook based on a Mindful Self-Compassion (MSC) program to help you uncover this inner resource and transform your relationship with yourself and others. It is not required that you participated in part 1.

OCD/Anxiety Support Group - A peer support group where we come together to support each other as we struggle with how anxiety and/or OCD affects our life.

Open Art - is a time to work on various art projects that will be presented throughout the term. Students will also have the opportunity to choose their own mediums to create art. This is a *2-hour class*.

Peer Led DBT Skills –Distress Tolerance* - The goals of Mindfulness practice are to reduce suffering and increase happiness, Increase Control of Your Mind and Experience Reality as it is. The goals of Distress Tolerance are to survive crisis situations, accept reality as it is, and to become free.

**This is a hybrid class.*

Performing with Pride - Ready to have some dramatic fun? Join Fred for this in-person class during which we will experience a “table read” of his LGBTQIA2S+ - themed original play called *Masquerade*, a memory play about coming out, navigating relationships, and learning how to embrace your true self out in the world. Participants will be cast as various characters in the play and read their parts together in class as we work our way through the entire script over the course of the term. Please note that this play contains mature language and subject matter about sexual orientation, sex and sexuality, the coming out process, gay dating, group therapy, and family relationships. Anyone – whether you consider yourself part of the LGBTQIA2S+ community or an ally – is welcome to attend. For those who are interested, we may prepare a 10-15 minute excerpt to share during an upcoming “Open Mic” event at the Recovery Center. Toward the end of the term, for those who are interested, participants will be given the opportunity to write a short 5- to 10-minute play of their own and share it with the class.

Pickle Pong- Come, learn how to play with us and take this skill with you into your community where you can play recreationally or even join a team! Playing Ping Pong and Pickle Ball is a wonderful way to make friends and build your network!

Recovery Rocks Walk – Enjoy the fresh morning air, make some new friends. We will get a welcome walk for our health, this is one of the best ways to exercise while enjoying ourselves.

Releasing the Writer Within- This writing group is for anyone wishing to express themselves more creatively. We will use writing exercises and creative writing prompts to help us share thoughts and ideas with our fellow peers in a supportive environment. For writers of any skill level. *This is a 2-hour class. Class limit: 15*

Signing for Recovery - is an American Sign Language class for those who would like to learn to sign.

Singing Sessions - Find your voice and have fun along the way! In this peer-led group, we'll explore the basics of singing, including breathing, vocal warm-ups, pitch, rhythm, and building confidence. Whether you're a beginner or just looking to strengthen your skills, come learn, practice, and encourage each other in a supportive and judgment-free environment!

Sports Shorts and More - is a weekly sports talk show that includes a live audience. This is an interactive class that all sports fans and those interested in sports will enjoy. We'll talk about the week's games, the Bengals, the Reds and local college sports. We'll also have weekly trivia and some lighter topics to have fun with.

Step & Dance Aerobics - Join Sheila for an absolute beginners Step & Dance Aerobics workout program. This class is designed to help the exerciser that is just starting out. Between Latin dance moves and a special Step Segment, who says fitness and fun can't go together? *Special seated accommodations will be made for those who need it.

Taekwondo - This class is one of the most systematic and scientific Korean traditional martial arts, that teaches more than physical fighting skills. It is a discipline that shows ways of enhancing our spirit and life through training our body and mind

Tai Chi – Looking for a gentle form of exercise? Improve balance & flexibility, reduce stress, and boost your overall wellbeing with Kristen in Tai-Chi class!

Theatre Games - Come be silly with us! Embrace your inner child and create joy by playing group games like One-Word Storytime, Charades, Quelf (interactive board game), Mad Libs, and other fun games 😊 Let the shenanigans begin!

True Defense - This class will train the mind, body, spirit and emotions through the training of personal defense skills. Students will get in better physical shape, develop a stronger motivation and spirit to live out their life purpose, have better mental focus and awareness, and have lots of fun! Students may wear sweatpants and t-shirts with gym shoes. If you have a TKD uniform, you may wear the pants and a t-shirt.

Watercolor - will cover the basics of watercolor painting. We will cover things such as how to use water and paint to create objects on paper and how to use the color wheel to create desired effects. All levels are welcome to join this class. *This is a 2-hour class.*

We Do Recover! - Come as you are! A peer led recovery support group focused on hope, healing, connection, and personal growth.

Weight and Resistance Training will help the beginner experience a total body workout through the use of aerobic exercise and/or machines, free weights, power tubes, and stationary bikes.

Wellness Recovery Action Plan (WRAP) - In this class we will learn about how to create a Wellness Recovery Action Plan. We will cover the key concepts of hope, personal responsibility, education, self-advocacy and support. We will work together to form individual wellness toolboxes, make daily plans, identify stressors, discuss early warning signs, explore signs that things are getting much worse or breaking down, create crisis plans, and develop post crisis plans.

Whole Health Action Management (WHAM) - WHAM is a peer-led program that helps participants focus on the areas of life that can influence overall health and well-being. Through group discussion, self-reflection, and practical activities, participants identify personal strengths, explore health and wellness goals, and create realistic action plans. WHAM encourages small, meaningful changes while building connection, confidence, and support through shared experiences.

Whole Mind Recovery -for members with co-occurring disorders. True healing requires looking at the whole picture. This 10-week, evidence-based recovery class is designed specifically for individuals navigating the intersection of substance use (SUD), alcohol use (AUD), and mental health challenges (MH). Over 10 structured weeks, we explore how mind and habit interact. Participants will gain practical tools to manage symptoms, break cycles of dependence, and build a sustainable, balanced lifestyle.

Women's Grief Support Group - This support group will help women learn how to deal with grief they may be going through and will offer a safe space to discuss feelings, emotions, and ways to help deal with them effectively. Join Jeannie as she helps you to work through the stages of grief and loss. There is no "right way" to grieve. We will address some of the ways to find hope and support through grief and loss.

Writing for Healing - For writers of all skill levels, this class uses prompts based on resilience, self-discovery, and self-reflection in order to get our feeling down on paper (or up on the computer screen). Explore your thoughts in a supportive, peer-driven environment. Class limit: 15

Yoga - is a dynamic, physically demanding practice that synchronizes breath and movement to produce an internal heat designed to purify the body. Yoga, with its many postures, is great for building core strength and toning the body.

You're Strong, You're Smart, You Got This! - In the book, You're Strong, Smart and You Got This by Kate Allan, cute animals, whimsical art, and positive affirmations encourage you while coping with stress, anxiety, depression, and low self-esteem. We will learn tips for dealing with hardships and difficult feelings. We will also practice exercises from the journal, It's Your Weirdness That Makes You Wonderful by Kate Allan, in order to help build confidence and resilience.