

## **Class Descriptions for Online Classes**

**June 8, 2026 - August 14, 2026**

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

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

**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.

**LGBTQ+ & 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.

**Show and Tell / Open Mic:** A casual, supportive space where members can share their personal interests, hobbies, creative projects, or unique perspectives. Members can use this platform to talk about or visually present what is meaningful to them, building community through shared passions.

**Shifting to Healing:** Join Yolonda as we shift our energy to rest and reset . Let's explore together how we can shift our energy by using our breath and holding a finger to heal. Yolonda will incorporate a practice called Jin Shin Jyutsu (JSJ), a self-healing practice along with other mindfulness practices to help us unwind from the stresses of the

**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.