

## **Class Descriptions for Online Classes**

**July 18th, 2022 - September 23rd, 2022**

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

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

**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.

**Assertiveness:** Developing Positive Assertiveness will teach students how to think assertively, feel confident, behave positive, in ways that will help students be self-advocates in their professional and personal relationships.

**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!

**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.

**Financial Education for Persons in Recovery:** Financial Education For Persons in Recovery will help students identify financial goals and values, teach them how to manage and track income and expenses, and debt, understand credit and build consumer skills. This class will also teach students how to identify, find and use local resources.

**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!

**Mindful Movement 4 Mental Health:** This movement class will be focused, uplifting, but mostly fun! Each class will provide a new interactive activity to get your body moving and uplift your spirits. Join us as we curate each class to help you find laughter and comfort in moving and possibly find a new hobby.

**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.

#### **Tech Help Desk & Workshop:**

- Learn how to extend your laptop's battery life
- Learn how to save money on cable tv, cell phone service, internet service, streaming services
- Learn how to watch free movies and tv shows online on your phone, computer or tv
- Learn how to remotely get help with your computer
- Learn all the things your phone can do (compass, calculator, bubble level, listen to radio without using data, record conversations, copy documents, and many many more)
- Learn about your legal digital rights. Learn how to protect your privacy.
- Learn how to easily create and manage secure, memorable passwords
- Learn how to free up space on your phone or computer
- Learn how to protect yourself from viruses and what to do if you get one.

**Weight Loss & Management Support Group\*:** Need some extra assistance losing weight? Maria is here to help you on your weight loss journey! Maria has helped many

individuals meet their weight loss goals and make important lifestyle changes! Join Maria on Zoom for this hybrid class!