



## **TMHA Wellness Center Virtual Group Opportunities**

Hi Everyone! TMHA Wellness Centers are pleased to announce that we are now offering a number of **NEW Virtual Support Groups & Classes starting May 4<sup>th</sup>!**

**Now all Wellness Center Members are welcome to register for groups hosted by ANY center.**

Anyone interested in joining these groups yet is not a member will need to connect directly with the Center Supervisor to start the process of filling out a Member Info Packet.

The groups are offered through **ZOOM** and require a phone, smart phone, or computer to participate with audio only or video. We can help walk you through the process!

Please let me know if you have any questions! See you on ZOOM!

**Starting May 4, 2020**

## **TMHA Wellness Center Virtual Group Opportunities**

### **Monday Groups**

#### **10:00-11:00am: Hope House- Navigating Depression (Joe)**

If current events have got you down or you've struggled with depression at any time, this is the place to share, learn, and practice strategies that get you going again.

To Register for this Group please contact Michelle Madgett at [mmadgett@t-mha.org](mailto:mmadgett@t-mha.org) or **805-801-3536**

#### **11:30-12:30pm: Safe Haven- Building Resilience (Lexie)**

We are all in this together! Conversations around increasing a sense of Wellness during isolation and forming healthy routines.

To Register for this Group please contact Hilary Lawson at [hlawson@t-mha.org](mailto:hlawson@t-mha.org) or **805-305-3724**

**11:30-12:30pm: Hope House- The Powerful Guided Mind (Michelle)**

Guided meditations that strengthen and support personal empowerment.

To Register for this Group please contact Michelle Madgett at [mmadgett@t-mha.org](mailto:mmadgett@t-mha.org) or  
**805-801-3536**

**1:00-2:00pm: Safe Haven- Cultivating Self-Compassion and Self Love (Hilary)**

Practicing self-acceptance and developing a loving-kindness for ourselves.

To Register for this Group please contact Hilary Lawson at [hlawson@t-mha.org](mailto:hlawson@t-mha.org) or  
**805-305-3724**

**1:00-2:30pm: Hope House- Music Sharing (Steve)**

Enjoying our favorite tunes online together. (Personal Dance Party optional.)

To Register for this Group please contact Michelle Madgett at [mmadgett@t-mha.org](mailto:mmadgett@t-mha.org) or  
**805-801-3536**

**Tuesday Groups**

**10:00-11:00am: Safe Haven- Women's Group (Hilary)**

A powerful hour for women to connect with each other.

To Register for this Group please contact Hilary Lawson at [hlawson@t-mha.org](mailto:hlawson@t-mha.org) or  
**805-305-3724**

**11:00-12:30pm: Hope House- Voices & Visions (Mike A. & Michelle)**

For anyone who has heard voices or seen visions, this is a safe space to talk about your experiences and find support. This group is affiliated with the Voices and Visions Network.

To Register for this Group please contact Michelle Madgett at [mmadgett@t-mha.org](mailto:mmadgett@t-mha.org) or  
**805-801-3536**

**11:00-12:00pm: Life House- Women's Group (Susan)**

This group provides women an opportunity to connect, learn coping strategies in overcoming obstacles and share personal stories of resilience.

To Register for this Group please contact Susan Gaoiran at [sgaoiran@t-mha.org](mailto:sgaoiran@t-mha.org) or  
**805-305-7721**

**1:00-2:00pm: Safe Haven-Addiction and Mental Wellness (Lisa)**

A discussion of recovery, setting goals and bringing hope to wellness.

To Register for this Group please contact Hilary Lawson at [hlawson@t-mha.org](mailto:hlawson@t-mha.org) or  
**805-305-3724**

**1:00-2:00pm: Hope House- Building Self-Confidence (Joe)**

Troubleshoot issues that arise and build skills to boost confidence.

To Register for this Group please contact Michelle Madgett at [mmadgett@t-mha.org](mailto:mmadgett@t-mha.org) or **805-801-3536**

**2:30-3:30pm: Safe Haven: Creative Expression (Lexie)**

Using creativity as a form of expression, self-reflection, and release. Join us for poetry, journaling and art projects. To Register for this Group please contact Hilary Lawson at [hlawson@t-mha.org](mailto:hlawson@t-mha.org) or **805-305-3724**

**Wednesday Groups**

**11:30-12:30pm: Hope House-Chat & Chew Table Topics (Steve, Joe, Michelle)**

Bring your lunch for a lively discussion and check-in.

To Register for this Group please contact Michelle Madgett at [mmadgett@t-mha.org](mailto:mmadgett@t-mha.org) or **805-801-3536**

**12:00-1:00pm: Safe Haven-Coping with Depression and Anxiety (Lisa)**

Sharing lived experience and offering each other empathetic support. Together we will implement and encourage use of wellness tools.

To Register for this Group please contact Hilary Lawson at [hlawson@t-mha.org](mailto:hlawson@t-mha.org) or **805-305-3724**

**2:30-3:30pm: Life House- Stages of Grief (Brandy)**

Discusses the stages of grief how it relates to what we're all experiencing during this world change.

To Register for this Group please contact Susan Gaoiran at [sgaoiran@t-mha.org](mailto:sgaoiran@t-mha.org) or **805-305-7721**

**Thursday Groups**

**11:00-12:00pm: Hope House- Artistic Expressions (Joe)**

Looking for a creative outlet? Bring paper and whatever art supplies you choose, as we explore self-expression through a variety of activities and prompts.

To Register for this Group please contact Michelle Madgett at [mmadgett@t-mha.org](mailto:mmadgett@t-mha.org) or **805-801-3536**

**11:00-12:00pm: Safe Haven- Yoga and Light Movement (Lexie)**

An hour to experience healing through movement.

To Register for this Group please contact Hilary Lawson at [hlawson@t-mha.org](mailto:hlawson@t-mha.org) or  
**805-305-3724**

**1:00-2:00pm: Safe Haven-Grounding and Meditation: Soothing the Mind (Hilary)**

Meditation may boost the immune system. Meditation can help relieve anxiety. Meditation can help us improve emotional health. Let's practice together!

To Register for this Group please contact Hilary Lawson at [hlawson@t-mha.org](mailto:hlawson@t-mha.org) or  
**805-305-3724**

**1:00-2:00pm: Life House- Healthy Habits (Laurie)**

Healthy Habits will be highlighting nutrition, exercise, and activities that can be done during the shelter in place.

To Register for this Group please contact Susan Gaoiran at [sgaoiran@t-mha.org](mailto:sgaoiran@t-mha.org) or  
**805-305-7721**

**2:00-3:00pm: Hope House- Overcoming Anxiety (Steve)**

Has anxiety ever stopped you in your tracks? Drawing on our collective wisdom, we share skills and techniques that help you manage and move through it.

To Register for this Group please contact Michelle Madgett at [mmadgett@t-mha.org](mailto:mmadgett@t-mha.org) or  
**805-801-3536**

**Friday Groups**

**12:00-1:00pm: Hope House- Facing Challenge Together (Michelle)**

This group focuses on growing through adversity by developing skills that foster self-compassion, resilience, and community.

To Register for this Group please contact Michelle Madgett at [mmadgett@t-mha.org](mailto:mmadgett@t-mha.org) or  
**805-801-3536**

**12:00-1:00pm: Safe Haven- Managing Anger (Lisa)**

Practicing healthy communication skills in order to regulate elevated emotions.

To Register for this Group please contact Hilary Lawson at [hlawson@t-mha.org](mailto:hlawson@t-mha.org) or  
**805-305-3724**

**1:30-2:30pm: Life House- Lift Now Support (Susan)**

Members will have an opportunity to share how they are coping with life's challenges, tips for self-care, and sharing positive affirmations.

To Register for this Group please contact Susan Gairan at [sgairan@t-mha.org](mailto:sgairan@t-mha.org) or  
**805-305-7721**

**1:30-2:30pm: Hope House-Game Time! (Joe)**

Yes, there are games you can play in an online group! This group is just for fun!

To Register for this Group please contact Michelle Madgett at [mmadgett@t-mha.org](mailto:mmadgett@t-mha.org) or  
**805-801-3536**