



We believe that recovery is possible for everyone

Our program provides:

- Group treatment to the adult population, 18 years of age and over, experiencing acute, persistent, and severe mental health issues
- Client-centered and time limited services
- A variety of open and closed groups geared to client's needs and goals
- Coordination with appropriate community resources for long term follow-up
- Medication clinic (*referrals accepted from St. Catharines Site Psychiatrists only*) available for clients to receive long-acting injections and Clozaril. Counselling and education also provided.

Our Inter-professional Team: Psychiatrists, Physicians, Nurse Practitioners, Nurses, Social Workers, and Recreational Therapists.

Referral Process: New referrals are accepted from Physicians, Psychiatrists, community and social agencies, hospitals and health care professionals. ***Arrangements can be made at Ext. 49465.***

GROUPS OFFERED

ACUPUNCTURE FOR STRESS AND RELAXATION

Come and experience an hour of relaxation that auricular (ear) acupuncture can provide. It uses a five-point protocol with one of the points, the "Shen Men," known for inducing relaxation. It is offered in a peaceful environment with soothing background music. It can be a wonderful way of de-stressing after an intense group session. People have reported other benefits such as a reduction in anxiety and cravings.

ADHD (ATTENTION DEFICIT HYPERACTIVITY DISORDER)

This is a psycho-educational group for individuals who are struggling with the effects of ADHD. Participants in this group will learn about some of the physiological and psychological processes that are related to the challenges of living with ADHD. We will also learn research-based neurocognitive strategies that assist in more optimally using our attentional resources and coping during difficult times. Lastly, we will discuss some of the cognitive advantages that those with ADHD have relative to those who do not have ADHD.

BALANCING MOODS

Individuals are invited to learn further about mood disorders—Bipolar disorder, Depression and Anxiety. Group members are encouraged to increase their knowledge and understanding of these conditions and their causes, patterns, and cycles within these conditions. The group will encourage clients to enhance self-awareness, increase hope, take personal responsibility through mood monitoring, mood and activity scheduling, and develop a support system. Self-care, stress management, active problem solving, recognizing early warning signs, and developing action plans to manage these conditions more effectively are some of the strategies discussed. New ways of thinking and changing behaviours are explored through cognitive and behavioural approaches.

BE YOUR BEST SELF

We all have a story. Now it's time to change it up. Let's give our story a fresh perspective by incorporating our strengths, abilities, and talents. Rediscovering our strengths in the various domains in our lives will create positive emotion. This sets the stage to Be Your Best Self.

CBT LEVEL 1

Cognitive Behaviour Therapy focuses on examining the relationships between thought, feelings, and behaviour. By exploring maladaptive patterns of thinking that leads to self-destructive actions and beliefs, clients can modify these patterns to improve coping and quality of life. This CBT group focuses on anxiety and depression.

CBT FOR BIPOLAR DISORDER – LEVEL 2 (Prerequisite CBT LEVEL 1)

The Bipolar group program utilizes cognitive behavioural techniques that focus on positive strategies for helping you cope with Bipolar disorder. Education is provided for understanding symptoms and the role of thoughts and beliefs in how you respond to situations. Change your thoughts and behaviour to better manage your moods and help you cope with stress through active problem solving. The goal is to help you prevent relapses of your Bipolar disorder.



CBT ADVANCED (Prerequisite CBT LEVEL 1)

Advanced Cognitive Behaviour Therapy focuses on applying in-depth learning and application of concepts previously learned in CBT Level 1. Building off of the CBT model, this group will assist participants to conceptualize and apply cognitive and behavioural techniques to treat both anxiety and depression in challenging real life situations.

CONCURRENT DISORDER GROUP

This group is open to those who would like to learn more about concurrent disorders (mental health coupled with substance abuse problems) as it relates to a double recovery model. Participants are provided with information about various components of wellness from a combined mental health and substance abuse perspective, thereby enabling them to develop the necessary skills to live life more confidently, positively, and productively.

EXCEPTIONAL EXPERIENCES

Individuals are invited to share experiences and ways of coping with hearing voices, paranoia, delusions, and other sensory experiences in a safe, confidential environment. Discussion is facilitated to explore different ways of making sense of these experiences and to promote ways of understanding these experiences to make them less distressing. Topics include managing daily life, being more in control of your experiences, and developing knowledge of symptom recognition and management.

EXPRESSIVE ARTS

Expressive arts integrates therapeutic techniques with the creative process to improve and enhance the physical, mental, and emotional well-being of individuals. It can facilitate thoughts and feelings not expressible in words.

FAMILY COPING SKILLS WORKSHOPS

This group is run in conjunction with the Family Mental Health Support Network. Education and support groups are for families and significant others of individuals with serious mental health/addiction issues. Topics include education about mental illness, treatment, and community resources as well as family coping skills. Program is at no cost.

HAPPY HABITS

This group provides an in-depth exploration of the foundations of happiness and positive emotion in people's lives. We focus on how 40% of our happiness is in our hands through the power of intentional activity. Topics include savoring, gratitude, kindness, optimism, and hope. This group is a partnership between the NHS and Brock University.

HOW DO YOU LIKE ME NOW/MAKING IT ALL WORK

Considered an important component of emotional health, basic self-esteem encompasses both self-confidence and self-acceptance. It is the way individuals perceive themselves and their self-value. Self-esteem is the experience of being capable of meeting life's challenges and being worthy of happiness. This entry level group will focus on defining one's self-esteem, the origins of self-esteem, positive thought strategies, assertiveness, unhelpful thinking styles, healthy boundaries, handling external criticism, and body image.

JOURNEY TO WELLNESS

The content of this group focuses on a variety of topics designed to enhance wellness through education and skill building. This group offers an encouraging atmosphere for individuals to build their Recovery toolkit. Topics include learning about the change process, practical facts and education about your condition, responding to stigma, developing your support team, setting achievable goals, and managing stress. Join others as we journey together within a supportive group environment.

LABYRINTH

A labyrinth walk is an ancient practice of rediscovery. It is a self-alignment tool to put our lives into perspective and has been used for over 4000 years. Walking the labyrinth clears the mind and provides insight. It is also known as walking meditation. The entrance can be a place to stop, reflect, and make prayer or intention for the spiritual walk you are about to take.

MANAGING EMOTIONS SKILLFULLY

This group consists of four modules: Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness. It utilizes empirically research based skills from Marsha Linehan's skills manual and runs for 24 weeks in duration. The objective is to have members learn and begin utilizing coping strategies to improve relationships, deal with distressing emotions, and maximize their own well-being. The first hour of group consists predominately of reviewing previously discussed skills and homework for the purpose of generalizing these skills into one's life. The second hour is focused on teaching new skills. This group is focused on learning, education, and integrating skills rather than the sharing of personal information. Prior group experience is strongly recommended.



MINDFULNESS LEVEL 1

Through meditation practices, clients will learn to increase their awareness of thoughts, feelings, bodily sensations, and the surrounding environment. This practice is characterized by “acceptance” of thoughts and feelings without judging whether they are right or wrong. Mindfulness forces the human brain to focus on what is being sensed at each moment instead of its normal rumination on the past or the future.

MINDFULNESS LEVEL 2 (Prerequisite Mindfulness 1)

This group is designed for clients who have successfully completed the Mindfulness Level 1 and wish to deepen their experience and understanding of mindfulness practices. Special emphasis will be placed on the integration of mindfulness skills into everyday life and therapy work. Clients must be committed to practicing mindfulness based meditation exercises in the home-setting in order to deepen their understanding and connection with the present moment. Concepts of acceptance, letting go, and impermanence will be explored in more depth.

MINI MEDICAL SCHOOL/MEND YOUR MIND

If you have ever wondered how your mind works, this is the group for you! This group dives into the intricacies of the brain, medications, and psychotherapies in order to discover how each impacts the person. Learn how neurons fire, antidepressants work, and to make lasting changes in your thoughts. The group will also include discussions and interactive exercises among the members and facilitators to reflect how this knowledge can help you on your road to recovery.

PAIN CONTROL AND WELLNESS

This group is designed to help pain sufferers to understand their pain and learn how to modify it. Active engagement in this program will improve the quality of life of individuals suffering from chronic or acute pain and will increase the level of activity and ability to manage stress. By increasing an individual's knowledge of pain triggers and emotional factors, it will provide back-up coping procedures and teach methods for setting realistic and achievable goals. The goal is to teach participants how to control their pain rather than allowing the pain to control them.

PROCESS GROUP – Talk, Listen, and Communicate (TLC) ON HOLD

In this Talk, Listen, and Communicate themed Process Group, assigned topics will be utilized as models for effective communication, offer problem-solving strategies, and promote self-acceptance and self-support. Under the skilled direction of the facilitators, the group is able to point out troublesome interpersonal patterns by providing feedback and offering alternatives in such a way that the difficulty becomes resolved. As individuals increase their self-awareness, develop new ways of relating to people, and learn new adaptive behaviors, they make progress towards their personal goals that brought them to the group.

SELF ESTEEM (Prerequisite CBT LEVEL 1) ON HOLD

A supportive cognitive behavioural therapy-based group that provides psycho-education on the origins of low self-esteem, factors that maintain low self-esteem, and then focuses on learning skills to improve and maintain a balanced view of the self and improved confidence.

SNOEZELEN

A SNOEZELEN Multi-Sensory Environment's relaxed, calming atmosphere provides an ideal situation for the development of therapeutic relationships. People suffering from tension, depression, or anxiety may discuss feelings more readily as they experience the deep relaxation of Snoezelen. This effect initially occurs while in the Snoezelen environment but also continues for the rest of the day.

SOCIAL CONNECTEDNESS

Confidence in social situations can improve our quality of life. Topics will cover conversation skills, assertiveness, what makes a healthy relationship, developing social networks, and how to connect with activities in our community. Feeling connected to the world around us is our goal.

SPIRITUALITY BRIDGE GROUP

The Spirituality Bridge Group is an informal discussion group where you are invited to participate by listening and/or speaking as we reflect on short wisdom stories, exploring personal meaning and applying that to one's life. This group is not a prayer group or prayer service but is open to everyone who shares an interest in reflecting on things that matter to the heart.



SPIRITUALITY CORE GROUP

This group uses wisdom stories as a vehicle for self-reflection of those spiritual values which give fullness of life and invites members to apply them to their own life. Members are encouraged to participate as able with the hope of developing self-reflection skills and listening skills while deepening their spiritual values in order to grow in the practice of spiritual discernment/decision making.

STRESS MANAGEMENT and RELAXATION TRAINING

This group offers a supportive place to learn about what stress is and how it affects your body and life. Opportunities for self-reflection, discussion about obstacles, managing stress effectively, and 10 weeks of topics related to stress management skills are offered. Practicing self-care, relaxation techniques, and new ways of thinking about and responding to stressors will be your self-help assignment each week. Each session concludes with a relaxation technique demonstration and practice.

STRIDES TO RECOVERY

This learn to “run group” takes place over an 8 week period with individuals running twice a week in a supportive environment. It is an exercise-based approach to assisting in the management of symptoms of stress, anxiety, and depression and will include a health teaching component to provide awareness of the links between physical fitness and mental health. The aim is to make small consistent steps towards improving both physical and mental well-being. Participants are not required to be avid runners. Strides is suitable for individuals who are able to tolerate intervals of brisk walking and light jogging.

Y-NOT: A PHYSICALLY ACTIVE LEISURE PROGRAM

Join the gym with a built-in buddy system. The YMCA offers a wide array of opportunities to expand our physical leisure pursuits in a supportive environment. Following our work-outs, relax, chat, and connect.

YOGA

A physical and mental health practice that is suitable for all fitness levels and encourages mindfulness breathing techniques to relieve symptoms related to mental illness.

