



**Peer  
Support  
Groups**

## **Group Descriptions**

*(Groups marked "D" are for Derry. "M" are for Manchester. "DM" are for both)*

### **Emotional Well-Being Groups**

#### **Daily Check-In / Moving Toward (D,M)**

"How are you doing?" isn't just a greeting – we really want to know! This group creates opportunities to share what's going on in your life, whether joy or pain, because everyone deserves to be heard.

#### **Gratitude/Moving Toward (M)**

In this group, we think about, talk about, and write down the things we are grateful for. Studies have shown that practicing gratitude can have a tremendous positive impact, and actually rewires our brains to help us feel happier!

#### **Understanding and Managing Your Emotion (D)**

A group led by our volunteer Rick, all about discovering your emotions, what causes them and how to live with them.

#### **IPS Group (D,M)**

This group is focused on learning and practicing the 3 principles, 4 tasks and 10 values of Intentional Peer Support.

#### **Healing Your Inner Child (D,M)**

In this group we explore ways to regain our youthful feelings of wonder, optimism, and simple joy in life by reconnecting with our "inner child", and working toward healing, and bringing back that part of ourselves.

#### **Conversations of Hope (D)**

What does hope mean to us? Where do we find hope? Questions like these and others about hope are discussed in this group.

#### **Untold Story Group (M)**

We all have certain beliefs and opinions about different things in life, but how many of us stop to think about where those beliefs and opinions come from? How often do we ask ourselves' "Why do I feel the way I do about this? Where did my opinion about this come from?" This is what this group is all about. Digging deep and finding our untold stories.

#### **Topics in WRAP (D,M)**

Wellness Recovery Action Plan (WRAP) is an evidence based practice that supports us in getting and staying well. Here we talk about the main themes and topics of WRAP, focusing on a different part each week.

#### **Building Resiliency (M)**

Learning to build mental and emotional resilience can help us bounce back more quickly and easily when we face setbacks, and can help us grow and flourish in life!



**Peer  
Support  
Groups**

## **Group Descriptions Continued**

*(Groups marked "D" are for Derry. "M" are for Manchester. "DM" are for both)*

### **Coping Skills (D)**

This group covers different strategies and methods that can be used in the moment during times of stress to help us better deal with our emotions.

### **Self Care (M)**

In this group we discuss what self care is, and why it's so important. Self care is different for everyone, so this group calls for lots of self reflection, and awareness, and we look at what works for us, and what doesn't.

### **Physical Well-Being Groups**

#### **Healthy Living (D)**

In this group, various topics about health are discussed, including but not limited to: proper nutrition, exercise, proper sleep habits, etc.

#### **Stress Management and Relaxation (D)**

In this group we learn about and practice various stress management and relaxation techniques such as meditation, yoga, guided imagery, etc.

#### **Walking Group/Physical Wellness Group (D,M)**

A time set aside each week to get away from the Center and spend some time outside. When the weather does not permit walking, please join us for a physical wellness group where we will talk about and practice various physical activities/exercises such as stretching, low impact yoga and more!.

#### **Mindfulness and Meditation (D,M)**

In this group, we focus on being present in the moment which helps us to enjoy life. Being present in the moment can also keep us from becoming overwhelmed.

### **Activity Groups**

#### **Laughing Group (D,M)**

A time each week to take a break and just laugh! Laughter is not only fun but can be incredibly healing. We play games, tell stories, watch videos and overall enjoy each other's company in this laid-back group.

#### **Creative Arts (D)**

A group full of fun and creativity but also with meaning and intention. This group's goal is to provide a space where members feel supported to come out of their comfort zone and try something new and exciting for themselves. You do not need to be "creative" or "good at art" for this group. It's all about the process of trying something new, and being able to express yourself, not making something "museum worthy." Everyone is welcome!



**Peer  
Support  
Groups**

## **Group Descriptions Continued**

*(Groups marked "D" are for Derry. "M" are for Manchester. "DM" are for both)*

### **Creative Writing/Writing Group (M,D)**

We use writing prompts , or any idea we may have to write poems, stories, memories, etc.. When we are done, members may share what they wrote, or not!

### **Music Appreciation (D,M)**

A group where we explore each other's unique worldviews and are exposed to new types of music. We go around in a circle and each pick a song to share with the rest of the group, and explain why we chose the song that we did. This is one of our most popular groups.

### **Web Wisdom (M)**

In this group, we pick a TED talk, podcast, or other video that's educational, and focused on mental health, physical health, or overall wellness, and use it to begin a discussion or activity that helps us move toward our goals.

### **Art with a Purpose (M)**

This Monday afternoon group is for getting creative, and creating art with personal growth in mind. From painting, to drawing, to coloring or collaging, this group is about improving our mental health, and learning more about ourselves through our art.

### **Independence Groups**

#### **Life Skills (D,M)**

This group focuses on different skills that members would like to learn more about and practice. The topic changes monthly and can cover such topics as: resume writing, interviewing, job hunting, computer skills, meal planning, etc.

#### **What They Never Taught Us (M)**

There are certain things that most of us just weren't taught as we were growing up. Things such as; Rest isn't being lazy. How to self regulate. How to be in the present moment. How to let go of what no longer serves us. These, and many other topics are addressed in this group.

### **Other Groups**

#### **Member Driven Social Group (D)**

A member-run group just for relaxing and enjoying each other's company. A group for talking, playing games and getting to know each other better.

#### **Member-Driven Group (M)**

This group is a specific time set aside each week for members to sign up and lead a group on a topic of their choosing. Members are more than welcome (and encouraged) to step up and lead any of the groups we have.



Peer  
Support  
Groups

## Group Descriptions Continued

*(Groups marked "D" are for Derry. "M" are for Manchester. "DM" are for both)*

### **Weekend Relief (D,M)**

Weekend relief is the group each Saturday. There is no set topic or activity, the whole day is members' choice.

### **Community Meeting (D,M)**

A meeting once a month to discuss the upcoming month's activities, talk about how things are going and to give a space for members to voice any concerns, questions and share ideas on what they'd like to see happen at the Center.

### **Understanding Stigma (D,M)**

This group discusses stigma, what it is, how it effects individuals, and what we can do to not only reduce stigma, but it's effects on us, and those we care about.