

Free Self-help Support Groups Peer-led by trained facilitators

Aftermath, for those who have lost a loved one to suicide

2nd and 4th Mondays, 6:30 pm, Centenary United Methodist Church, Providence Room

Right Track, for individuals with schizophrenia

Tuesday, 6 pm, Mental Health Association in Greensboro

Wellness 101 and Double Doses, *Exploring recovery with break out groups for individuals with depression and bipolar disorder and dual diagnosis (for people with substance abuse and mental health issues)*

Tuesday, 7 pm, First Lutheran Church, Rm. 8

Family and Friends Group *for those who have a loved one with a mental illness*

Tuesday, 7 pm, First Lutheran Church, Rm. 8



Please join us for a guest speaker on the first Tuesday of each month and the Third Tuesday of each month for a consumer sharing his/her story to recovery for Wellness 101, Double Doses, Family and Friends Support Group, at 7 pm

Women's Wellness Support Group, *for women sharing life's experiences*

Wednesday, 11 am, Women's Resource Center

Sunshine and Rain, *for individuals with depression and bipolar disorder*

Saturday, 10:30 am, Christ Lutheran Church

Latino Educational Workshops, meets weekly at Our Lady of Grace Catholic Church

☉Tuesdays, 10:00 am – 12:00 pm ☉Thursdays, 10:00 am – 12:00 pm

Talleres Educativos, Church Nuestra Señora de la Gracia

☉Martes 10 – 12 mediodia ☉Jueves 10 – 12 mediodia

Support Group Locations in Greensboro

Centenary United Methodist Church, 2300 West Friendly Avenue, Enter at Villa Drive

Christ Lutheran Church, 3600 Lawndale Avenue

First Lutheran Church, 3600 West Friendly Avenue

Women's Resource Center, 628 Summit Avenue

Our Lady of Grace Catholic Church, 201 Chapman Street

Mental Health Association in Greensboro, 330 South Greene Street, Suite B12

Programs at the Association

Recovery Classes: *The Artist's Way* (June – September 2010)

Mondays, 10:30 a.m.

Crocheting Class: Learn to crochet - bring your yarn and needles and we'll crochet together!

Tuesdays, 12 p.m.

Book Club: *The Peaceful Warrior, The Secret, My Side of Depression and The Road Less Traveled* are books we have discussed. *The 4th Wednesday of each month we watch a movie.*

Wednesdays, 1 p.m.

Nutrition Class: *Learn how eating impacts your mental health. Led by UNCG Anthropology Dept.*

Thursdays, 2 p.m.

Expressions of Mental Wellness: *Exploring and expressing our wellness through art and other media.*

2nd Saturday of each month, 1-5 p.m.

Voices of Mental Health: *Telling our Story:* *A powerful tool in recovery is telling our stories. We will uncover our compelling stories and learn to tell them.*

Occasional Saturdays during the year, 1-5 p.m.

Wellness Recovery Action Planning (WRAP): *A system for identifying your personal resources and using those resources to stay well. An 8 week course. Please call 373.1402 for dates.*



Peer Support: *One-on-one peer support for individuals with mental health conditions.*

All staff members are Peer Support Specialists.



Compeer Friends and Connections: *Social activities and mentoring program for individuals with mental health conditions and volunteers.*

Depression Screenings and Health Fairs: The Association participates in many health fairs, offering information on mental health issues and suicide prevention. We also offer "Feel Good Bingo" - a fun interactive program for your group to learn the signs of depression.



Triad Warm Line (336) 272.1212: A non-crisis support line for individuals who may feel isolated and need assistance coping with the challenges associated with mental health conditions.

The Triad Warm Line is made possible by the generous support from the Tannenbaum-Sternberger Foundation and the Weaver Foundation.

Suicide Prevention and Intervention:

Suicide Awareness Workshop:

A three hour training for suicide

awareness.

Contact the office for our next workshop date or to schedule a workshop.

Trainings are held free of charge through the generous support of the Moses Cone ~ Wesley Long Community Health Foundation.



safeTALK

suicide alertness for everyone

ASIST: Applied Suicide Intervention Skills

Training: A two day suicide intervention training with 13 hours of continuing education credits available

Contact the office for the next training date.