

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

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

**2<sup>nd</sup> and 4<sup>th</sup> 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, 12 pm**, Women's Resource Center

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

**Saturday, 10:30 am**, Mental Health Association in Greensboro

For support groups in Spanish, please contact Barbara Law, Latino Coordinator, 373-1402, ext. 206

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### **Support Group Locations in Greensboro**

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

**First Lutheran Church**, 3600 West Friendly Avenue

**Women's Resource Center**, 628 Summit Avenue

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

## Programs at the Association

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

Call for time and day

**Book Club:** *The Peaceful Warrior, The Secret, My Side of Depression, The Soloist 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) 272.2121:** 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.



**safeTALK**  
*suicide alertness for everyone*

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.*

**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.