

Open to R10 consumers and the community!

A Step Towards Healing: This group is a trauma-focused workshop designed to help participants become educated on and process emotions/feelings that come up when discussing trauma. This group will utilize a workbook during meetings, with open conversation/discussion encouraged. Due to the sensitive nature of this topic, the group facilitator will emphasize confidentiality, respect, compassion, and understanding at the beginning of each meeting. *The groups will be separated for men and women but held at the same time.*

Acudetox: NADA involves the gentle placement of up to five small, sterilized disposable needles into specific sites on each ear. The participants sit quietly in a group setting for 30-45 minutes. Possible benefits: reduced cravings for alcohol and drugs, including nicotine; minimized withdrawal symptoms; increased calmness, better sleep, and less agitation; relief from stress and emotional trauma; and a discovery of inner quiet and strength.

APPR (Action Planning for Prevention and Recovery): Participants will develop their own personal strategies for enhancing and maintaining their recovery through development of their own personalized wellness plan.

Art Group: designed to facilitate the therapeutic process by using art as a method of exploration and discovery of personal experiences and emotional expression.

Breaking the Cycle: Developed in collaboration with the Department of Justice, Federal Bureau of Prisons, the *Breaking the Cycle* series uses cognitive-behavioral practices and evidence-based strategies to assist participants as they work to make positive changes to their criminogenic thoughts and behaviors and patterns of substance use.

Chair Yoga: a gentle form of yoga that's done while seated or using a chair for balance.

Coffee/ Convo/ Meditation: A social time to connect with others and check out groups for the day. Followed by Meditation - a practice in which an individual uses a technique, such as mindfulness, or focusing the mind on a particular object, thought, or activity; to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

Community Acupuncture Clinic: allows Common Ground to make the healing benefits of acupuncture and massage accessible and affordable. For acupuncture, six clients rest comfortably in recliner chairs. Treatments last approximately 45 minutes. A few reasons to try acupuncture: it has been found to improve circulation, reduces

inflammation, offers relief to individuals suffering from acute or chronic pain, and helps regulate the nervous system and modulates brain waves.

For the massage, the massage therapist Christianna uses somatic-based therapeutic protocols such as cranio-sacral therapy, myofascial unwinding, and polyvagal therapy, all of which help with self-regulation. Sessions last 40 minutes. Research indicates that massage produces profound neurochemical changes that increase psychological well-being.

Appointments highly recommended for both clinics! Call the Blue Ridge Center to schedule your appointment! 434-972-1825

Co-Occurring Conditions: behavioral health curriculum that applies the latest research in addiction, mental health and personal change theory for participants in treatment for co-occurring conditions.

Life Skills: Learning and practicing life skills can help participants build a foundation for a healthy life. The Core Skills group offers participants an organized structure to explore various core skills including effective communication, building healthy relationships, stress and anger management, handling risky situations and making responsible decisions.

DARS Q&A: Staff from employment services will be available to answer any questions you may have about getting a job coach, writing resumes, getting interviews, and job applications!

DBT (Dialectical Behavioral Therapy): is a modified type of cognitive behavioral therapy (CBT). Its main goals are to teach people how to live in the moment, develop healthy ways to cope with stress, regulate their emotions, and improve their relationships with others. There are four modules: Mindfulness, Distress Tolerance, Emotion Regulation, Interpersonal Effectiveness.

Housing Q&A: R10's housing team will be available in person at BRC to offer guidance, answer questions, and give resources.

LGBTQ+ Support Group: Are you a member of the LGBTQ+ community? Struggling with or curious about your sexual and/or gender identity? Join us as we work to create a safe space to support and empower one another and process feelings/emotions relating to issues impacting the LGBTQ+ community.

Men's Group: A space for individual men to meet, connect and support each other. The topics can and will vary depending on what the needs and wants are of the group. It's a space to for men to share what is happening in their lives and receive guidance on how to best navigate their situations. There will be refreshments provided!

Mental Health Support Group: A safe space to offer participants an opportunity to share their experiences, connect with others, gain support from other attendees, and seek education surrounding mental health.

Music Group: Utilizes music as a platform for communication, facilitating successful social interaction and personal growth. Benefits may include: it can be distracting and lower your stress, it can help you feel your feelings, it can make it easier to talk about what's troubling you, can be a quick mood booster, and builds community.

Qi Gong: Qigong, pronounced "chi gong," was developed in China thousands of years ago as part of traditional Chinese medicine. The goal is to optimize energy within the body, mind, and spirit, with the intention of improving and maintaining health and well-being. Movements are typically gentle and smooth, aimed for relaxation. Passive qigong techniques can be practiced in any posture that can be maintained over time and involve breath and mind exercises, with almost no body movement. Qigong is accessible for everyone as it can be practiced in a chair or standing!

Resource Group: For any Region 10 consumer/clients who are waiting for services or that are interested after the CNA/Intake appointment is completed. The group gives group members peer support and resources around the community if they need them (i.e. assistance applying for Medicaid online, learning bus routes, housing alternatives, private landlords etc). This is an open group and anyone can just stop by, no appointment needed or no follow up after attending the first time.

Substance Use Support: A safe space of support for those who are in recovery or currently working at getting sober.

Symptom Management: Focuses on education around symptoms that we may experience when struggling with our mental health, possible symptoms of medications, as well as the possible interactions that may occur when using other substances. Each week will have a new topic.

Veteran Support Group: A safe and supportive environment for veterans to talk about their experiences, connect with others, find support when dealing with loss of a battle buddy, or survivor's guilt. This group is open to all branches of military (Army, Marines, Navy, Air Force, Space Force, and Coast Guard). Not only is this group to

help with mental health, but to also allow connections to be made with other local veterans and connections to available resources. Offered in person on Mondays and virtual on Fridays.

Walk-in Therapy Clinic: Tuesdays and Thursdays 1pm-4pm (3pm is last slot available). We are not holding a wait list, if we are full one day, please come back as we may have more availability.

Welcome Group: Join us at BRC for an introduction group to learn all about BRC, our groups and services offered! Our friendly staff will greet you at the door, provide a tour of BRC and a welcome packet with some Region Ten Swag!

Wellness & Recovery: Participants gain skills and strategies for a healthy recovery within five dimensions of wellness and learn how to access the support of others on their recovery journey.

Special Events: Open to all!

Bingo! Come join in on a fun game of Bingo focused on Self-Esteem and win some prizes! There will be refreshments!