



Clubhouse

Contact us:
(716)895-6700 Ext. 4907
Clubhouse@ehsny.org

Mindfulness

Participants will learn mindfulness skills to increase relaxation, decrease stress, and improve cognitive functioning. Mindfulness has been proven to reduce anxiety, reduce high blood pressure, improve attention, decrease stress, gain personal-awareness and more. In this group participants will practice breathing exercises, meditation, progressive muscle relaxation, visualization, mindful drawing, mindful eating, radical acceptance, wise mind, positive self-talk, mindful decision making, and more. Participants will leave the group feeling relaxed, self-aware, and grounded in the present.

Beating the Blues

Participants will explore their unique symptoms of depression that include but are not limited to feelings of sadness, hopelessness, fatigue, and difficulties concentrating. Participants will develop their own unique coping skills as they learn what works for them to manage their symptoms of depression. This group will explore topics such as the causes of depression, strategies to manage depression, negative thinking patterns, self-care, meditation, mindfulness, various coping skills and more. This group will provide psychoeducation, skill building, and peer support that will allow participants to process their emotions freely.

Empowered

Participants will explore what it means to be an empowered individual as they learn to empower themselves. Empowered group will explore topics such as self-esteem, self-care, self-love, self-talk, affirmations, reframing, 8 dimensions of wellness, self-acceptance, self-forgiveness, anger & resentment, cognitive distortions, boundaries, empowering others, and more. This group will provide psychoeducation, skill-building, peer support, and a welcoming environment where participants can be their authentic selves. Participants will leave this group with increased confidence, increased self-awareness, and a dedication towards self-improvement.

Social Skills

Participants in this group will learn how to develop, establish, and maintain a healthy relationship with other individuals. Participants will learn how to establish a new friendship, understand the qualities of a good friend, learn to strengthen a friendship bond, learn appropriate socialization skills, and more. This group will provide participants with social interaction, psychoeducation, and skill-building services. Some topics that will be discussed in this group include but are not limited to; manners, appropriate humor, communication styles, listening skills, boundaries, social anxiety, conflict resolution, social gatherings/activities,

Coping with Addiction

This group provides a welcoming and radically accepting environment where participants will learn how to cope with their addiction. Participants will become informed about how addiction develops, what can influence addiction, understand the impact of addiction on their mental, emotional, and physical health. Members of this group will gain support from their peers as they explore coping skills to manage their cravings and stay sober. Some topics that will be discussed in their group include but are not limited to; symptoms of addiction, stages of change, relapse prevention, managing triggers and cravings, addiction's impact on interpersonal relationships, various emotional responses to addiction, and more.

Developing Trust

In this group participants will explore their perceptions of trust and identify their individual trusting patterns to help improve their interpersonal relationships. This group will explore topics such as building trust, how trust is broken, boundaries, rebuilding trust, the components of trust, maintaining trust and more. This group will provide psychoeducation, peer support and a welcoming environment for participants to express their experiences and feelings related to trust.

Coping Skills

This group is for anyone who would like to improve their coping skills or learn new skills. Coping skills are a variety of methods, activities, and techniques that one can utilize to manage distress such as anxiety, depression, anger, stress, guilt, burnout, conflict, and more. Participants will explore a new coping skill each week and practice the skill to identify what techniques work uniquely to them. This group will provide psychoeducation, peer support, and a primary focus on skill-building. Participants will leave this group feeling accomplished and motivated to utilize their new skills.

Spirituality

Participants of any religious or spiritual beliefs enter a warm and accepting environment to connect with themselves, others, and their beliefs. In this group, participants will explore topics such as forgiveness, acceptance, awareness, healing, connection, compassion, values, and more. This group focuses on psychoeducation, peer support, skill-building, and self-growth. After attending this group, participants will leave feeling spiritually connected, supported by a community, and a greater awareness of themselves.

Managing My Emotions

This group is for anyone who experiences emotions intensely and/or has difficulty coping with their emotions. Participants will enter an understanding and open environment where they can learn how to increase their emotional regulation skills. Some topics this group will explore include but are not limited to mindfulness, distress tolerance, emotional awareness, interpersonal effectiveness, and radical acceptance. Participants will leave this group with a greater understanding on how to cope, manage, and express their emotions in a healthy way.

Fighting Fears

In this group, participants will have the opportunity to explore feelings of panic, anxiety, and fear. Group discussions will teach how to manage these intense feelings to accomplish their daily activities. Throughout this group, participants will learn coping skills that will be individualized to their unique challenges. Fighting fears will explore topics including but not limited to what fear and phobias are, how fear presents itself, types of fear and phobias, what causes fear, coping skills, anxious thoughts, self-love, self-care and more.

Grief & Loss

Participants will enter a warm and supportive environment where they can openly and honestly express their emotions, thoughts, and experiences related to their loss. We understand the complex, unique, and difficult journey of losing a loved one and working through the grief experienced. In this group, participants will learn how to express their grief, work through their grief, and learn how to adjust their life with the loss of their loved one. Topics that will be discussed include but are not limited to steps of the healing journey, mourners' rights, reminiscing, contradicting emotions, self-care, holidays and anniversaries, support systems, coping skills, and more.

Creatively Coping

In this group participants will learn how to express their thoughts and feelings through creative expression. Creative expression includes drawing, coloring, symbolism, crafts and more. Participants will explore their inner thoughts and feelings through visual representation. This group will explore topics such as diverse types of art, growth, self-love, self-awareness, connection, and more. This group will also utilize mindfulness to balance the experience of positive and negative emotions.

Managing Thoughts

In this group, participants will explore their thinking patterns and how their thoughts can influence their emotions and behaviors. Automatic negative thoughts can be intrusive and difficult to detect without a thorough understanding of the various negative thinking patterns. Participants of this group will learn to identify these patterns, understand the development of the pattern, dispute the negative thoughts, and learn healthier ways of thinking. Some topics discussed in this group include but are not limited to cognitive distortions, reframing, distress tolerance, mindfulness, self-awareness, problem-solving, and defusion.

Healthy Relationships

Participants will explore the characteristics of healthy vs unhealthy relationships while learning skills to develop and maintain a healthy relationship. This group will discuss a variety of relationship dynamics such as romantic relationships, friendships, professional, family, and more. Participants will receive psychoeducation, peer-support, and skill-building services. This group will explore topics such as relationship flags, relationship barriers, romantic love, love languages, communication skills, conflict resolution skills, boundaries, attachment styles, and more.

Stress Management

In this group, participants will develop an in-depth understanding of stress and how to manage it. Participants will learn the various ways that stress develops while exploring how it manifests uniquely to them. Each week this group will discuss a different coping mechanism to manage stress and engage participants in an activity to practice said skill. This group will explore topics including but not limited to body awareness, breathing exercises, meditation, assertiveness, exercise, negative thinking patterns, and more.

Self-Care

In this group, participants will explore what self-care is to them and identify self-care activities they enjoy. Participants will learn why self-care is important and ways it can be beneficial for their mental health.

This group will discuss topics such as exploring the dimensions of wellness, assessing current levels of self-care, creating a self-care plan, rewarding yourself, and types of self-care- physical, emotional, psychological, and spiritual. Participants will leave this group developing a sense of love for themselves.

Rejection

In this group, participants will explore the impact that rejection may have on their emotional and mental health. Participants in this group will discuss topics such as not personalizing rejection, ways to respond when rejected, acceptance, assumptions and jumping to conclusions, understanding comfort zones, confronting negative emotions, and more. This group will benefit those who have struggled with being rejected, as well as learning to be able to move past rejection. Participants will leave this group feeling self-assured and supported, while having developed a sense of self-validation and security.

Mindfully Moving

Participants in this group will enter a relaxing environment where they will engage in mindful body movement. This group incorporates teachings of yoga, mindfulness, breathing exercises, meditation to promote mental and physical well-being. Topics that will be explored include but are not limited to yoga, synergy, grounding, self-awareness, coping skills, and radical acceptance. Participants will leave this group feeling peaceful and rejuvenated.

Attacking Anxieties

In this group, participants will explore how to de-escalate their anxiety by developing individualized coping skills. This group will discuss a variety of topics including but not limited to understanding our anxiety, transforming negative thinking patterns, perceived threats, physical responses to anxiety, problem solving and more. This group can benefit those who experience anxiety in a variety of situations. Participants will leave this group feeling supported and maintaining an increased awareness of their anxiety. Participants will learn how to conquer their anxiety through positive change.

Job Skills

In this group, participants will explore the employment process and experience. Participants will learn how to search for a job best suited to their skills and desires, how to write a resume, how to have a successful interview, worker's rights, and more. This group will further explore the employee experience by addressing topics including but not limited to mental health, work conflict, professionalism, leadership skills, learning styles, resigning, and career building.

Communication Skills

This group will explore healthy communication and the participants' ability to develop new skills that will improve their interpersonal relationships. Topics that will be explored in this group include communication styles, assertiveness, communication barriers, nonverbal communication, feedback/criticism, and more. This group will provide psychoeducation, peer support, skill building, and social engagement to enhance the participants' ability for active communication.

Executive Functioning

In this group, participants will enter a patient and understanding environment where they can explore their executive functioning skills. Executive function is a set of mental skills that include working memory, flexible thinking, and self-control. We use these skills every day to learn, work, and manage daily life. Challenges with executive function can make it difficult to focus, follow directions, manage emotions, organize, control impulses, and more. Topics discussed in this group include but are not limited to time management, emotional awareness, focused & distracted attention, and self-management.

My Core Beliefs

In this group, participants will enter an understanding and accepting environment where they can explore their core beliefs. Core beliefs are the way we think and feel about something for most of our lives. In this group we will discuss topics including but not limited to self-worth, schemas, self-esteem, reframing, triggers, coping skills, forgiveness, self-awareness, and negative thinking patterns. Participants will learn how to identify their core beliefs, understand why they have this belief, how this belief impacts them, how to cope with this belief, and how to develop new healthier beliefs. Participants will leave this group with an increased sense of self-worth, increased self-awareness, and motivation for self-improvement.

Morning Stretch

Join Clubhouse for a refreshing Saturday morning stretch. In this group, participants will begin their day by extending and relaxing their muscles to promote physical wellness. Beginning the day with a mindful stretch has been shown to increase mental and physical energy, boost alertness and enthusiasm, and promote positive emotions. Topics that will be explored include but are not limited to yoga, synergy, grounding, self-awareness, coping skills, and radical acceptance. Participants will leave this group feeling optimistic and ready to begin their day.