

## GROUP DESCRIPTIONS:

**Daily Check-in:** The Daily Check-in is a time for people to come together and talk about their goals for the day. It's also a time to get support from others and build relationships with staff. During the Morning Check-in, people will talk about their feelings and experiences. This can help them to better understand their own thoughts and behaviors. It can also help them to feel more motivated to make changes.

**Recovery Reading:** Recovery Reading is a brief group where members and staff will read a recovery-based reading and then discuss it and how it applies to recovery and daily life.

**Recovery:** The Recovery Group is a place where people can come together and talk about their recovery from substance use. During the Recovery Group, people will talk about their triggers, urges, cravings, and motivations. They will also talk about their successes and challenges.

**Kitchen Basics:** This group is a place where people can learn how to use a knife safely and effectively. They will also learn how to prepare fresh, healthy food. During the group, people will learn how to use different types of knives and how to cut different types of food. They will also learn about different cooking techniques. The group is led by staff members who are trained in knife skills and cooking. They can help people to learn how to use a knife safely and effectively, and they can also teach people how to prepare different types of food.

**Gallery Art:** Gallery Art Workshop is a fun and supportive place where people can express their creativity while making art. This art will be displayed at Community Compass and is a great opportunity to get to know others.

**Vision Boards:** Vision Boards Group is a fun and supportive place where people can make vision boards. These Vision boards are pictures, words, and inspirational quotes that represent a person's goals. In the group, people will make vision boards together. They will also talk about their goals. The staff at the group can help people to think about their goals and make plans to achieve them.

**Employment- Planning and Organizing:** Members will be able to work on essential self-management skills by identifying priorities, make effective use of tools such as calendars and schedules, and master time management techniques to optimize productivity and achieve their goals. Participants will learn how to streamline their daily tasks and responsibilities for improved efficiency.

**Employment- Professional Communication:** Members will be able to work on communication skills in various work environments, whether it's within the workplace, out in the field, or in settings like hospitals. Group will cover professional conversation, active listening, conflict resolution, and effective teamwork, empowering individuals to build stronger working relationships and navigate various professional situations with confidence.

**Employment-Professionalism in attire:** This group aims to guide individuals on the significance of dressing appropriately in the workplace, during interviews, and in other professional settings. It will help members understand how dressing professionally not only enhances personal image but also fosters positive relationships with colleagues and clients. Participants will learn the do's and don'ts of professional attire and how it contributes to a healthier, more respectful work atmosphere.

**Employment-Resume Writing:** This group will dive into the world of resumes, the purpose, structure, and the critical role they play in career development. Participants will gain insights into crafting compelling resumes that effectively showcase their skills, experiences, and accomplishments.

**Employment Drop-in hours:** Members can meet with DOC Employment Manager John Afonso during these hours to work on and discuss employment goals and tasks.

**Housing Workshop:** This workshop is a place where people can learn about the housing process. The workshop will cover how to complete applications for different types of subsidized housing, such as Section 8, RAFT, and CHAMP. It will also discuss the application requirements for each type of housing.

**LARC Info Session:** This informational session will discuss Clark University's LARC Education Program. LARC stands for Liberal Arts for Returning Citizens and is an educational program with college classes offered by Clark University offered to formerly incarcerated individuals. Coming to this session will allow members to learn more and understand members' interest in these classes.

**Coping Skills Toolbox:** This Coping Skills Toolbox Group is a place where people can learn how to manage their emotions and learn new coping skills to deal with life's challenges. People will also work on the ability to communicate your needs and wants.

**Haiku Poem Writing:** This group is a fun and supportive place where people can learn to write haiku poems. Haiku poems are short poems that are only three lines long. They will also share their poems with the group. In addition to writing, haiku poems can also help people to explore their creativity, express themselves in a new way, learn about their emotions, and connect with others.

**Mindfulness:** The Mindfulness Group is a place where people can learn how to manage their emotions, deal with distress, and communicate better with others. During the Group, people will learn about mindfulness, how to cope with stress and learn to understand their feelings. Mindfulness is the ability to pay attention to the present moment without judgment.

**Trivia & Jeopardy:** This group is a fun and supportive place where people can play Trivia/Jeopardy and get to know each other. Trivia is a game where people answer questions about different topics. Jeopardy is a game show where people answer questions in different categories. During the group, people will play Trivia/Jeopardy together. They will also talk about different topics, such as their interests, hobbies, and goals.

**Peer Support Group:** Members will be able to meet with a peer to discuss shared experiences and feel safe to be around others who have been through similar challenges in the past.