

## ***Educational small-group classes and support groups***

**Parenting:** KCPSS Facilitator leads a 12 week court recognized curriculum. This class offers healthy parenting skills for the conscious, open minded parent. Curriculum includes creating household rules, different parenting styles, and also fun games and activities.

**Surviving Domestic Violence:** KCPSS Facilitator leads the *Saving Grace* curriculum, offering 19 different sessions providing education on topics ranging from myths and facts, to planning for safety, to healthy relationships, and also how to emerge from a domestic violence situation healthily.

**Attacking Anxiety:** KCPSS Facilitator leads the *Mood Juice Self Help Guide* curriculum. This class will help participants build skills to cope through life stressors so they can understand symptoms created by anxiety, causes of, and answers the question, "What can I do to overcome anxiety?"

**Stress Management:** KCPSS Facilitator leads the *Clinic Community Health Centre* curriculum. This class will provide information and education about stress, effects of stress and provides best practice stress management and relaxation techniques.

**Anger Management:** KCPSS Facilitator leads this 12 week, SAMSHA approved and court recognized curriculum. This class teaches participants to manage anger effectively, stop violence or threats of violence, develop self-control over thoughts and actions, and provides participants support in a group setting.

**Relapse Prevention:** KCPSS Facilitator leads the *Hazelden Relapse Prevention Curriculum*. This class will assist participants to identify relapse warning signs, triggers, tips to avoid relapse, ways to receive support, and other coping skills necessary to avoid relapse.

**Double Trouble:** 12 Step approach combining mental health and substance abuse. *Dual Diagnosis*.

**Medically Assisted Recovery Anonymous:** A 12 Step program for MAR Participants to gather to share experience, strength, and hope.

**Men's Empowerment:** KCPSS Facilitator leads this support group to empower men to participate in their personal recovery and within the community.

**Narcotics Anonymous Meeting:** 12 Step introduction and support group of Narcotics Anonymous. The message is an addict any addict can stop using drugs, loose the desire to use and find a new way of life. Message is HOPE and promise is freedom from active addiction.

**Alcoholics Anonymous:** 12 Step introduction and support group of Alcoholics Anonymous. AA is an international fellowship of men and women who have a desire to stop drinking. Participation is open to anyone who wants to do something about his or her drinking problem.

**Al-Anon:** 12 Step introduction and support group. Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking.

**LGBTQ+ Support Group:** KCPSS Facilitator leads this support group, committed to improving the climate and support systems for the LGBTQ+ community. It addresses specific recovery related topics unique to these individuals. "*Please educate us on preferred pronouns.*"

**Women's Empowerment:** KCPSS Facilitator leads this support group. This group seeks to empower women to participate in their personal recovery and within the community. This group focuses on setting goals to improve quality of life.

**Strategies to Thrive for Women:** This class helps participants identify trauma, process trauma, cope with triggers, and begin to heal from traumatic events.

**Women's Recovery Meeting:** KCPSS Facilitator leads *She Recovers* - a 5 step process that helps women create and maintain a safe, judgement free atmosphere to discuss women specific related recovery topics.

**NAMI Connections:** Support group for individuals and families affected by mental illness.

**Crystal Meth Anonymous:** 12 Step introduction and support group of Crystal Meth Anonymous. CMA is an international fellowship of men and women who have had a crystal meth problem. Participation is open to anyone who wants to do something about his or her crystal meth problem.

**Employment Support Group:** This group is for individuals who are seeking employment or actively employed. The group assists the individual with stresses or barriers related to employment.

**Grief Support:** KCPSS Facilitator leads this support group - a safe place to share thoughts and feelings in order to cope with challenges or and barriers in the grieving process. Various types of loss are investigated including family, friends, work and self.

**Stinkin Thinkin:** KCPSS Facilitator leads this *NHS* curriculum, a class that utilizes the cognitive behavioral therapy approach to learning more about low mood, stress, and anxiety and teaches participants ways to healthily think and feel.

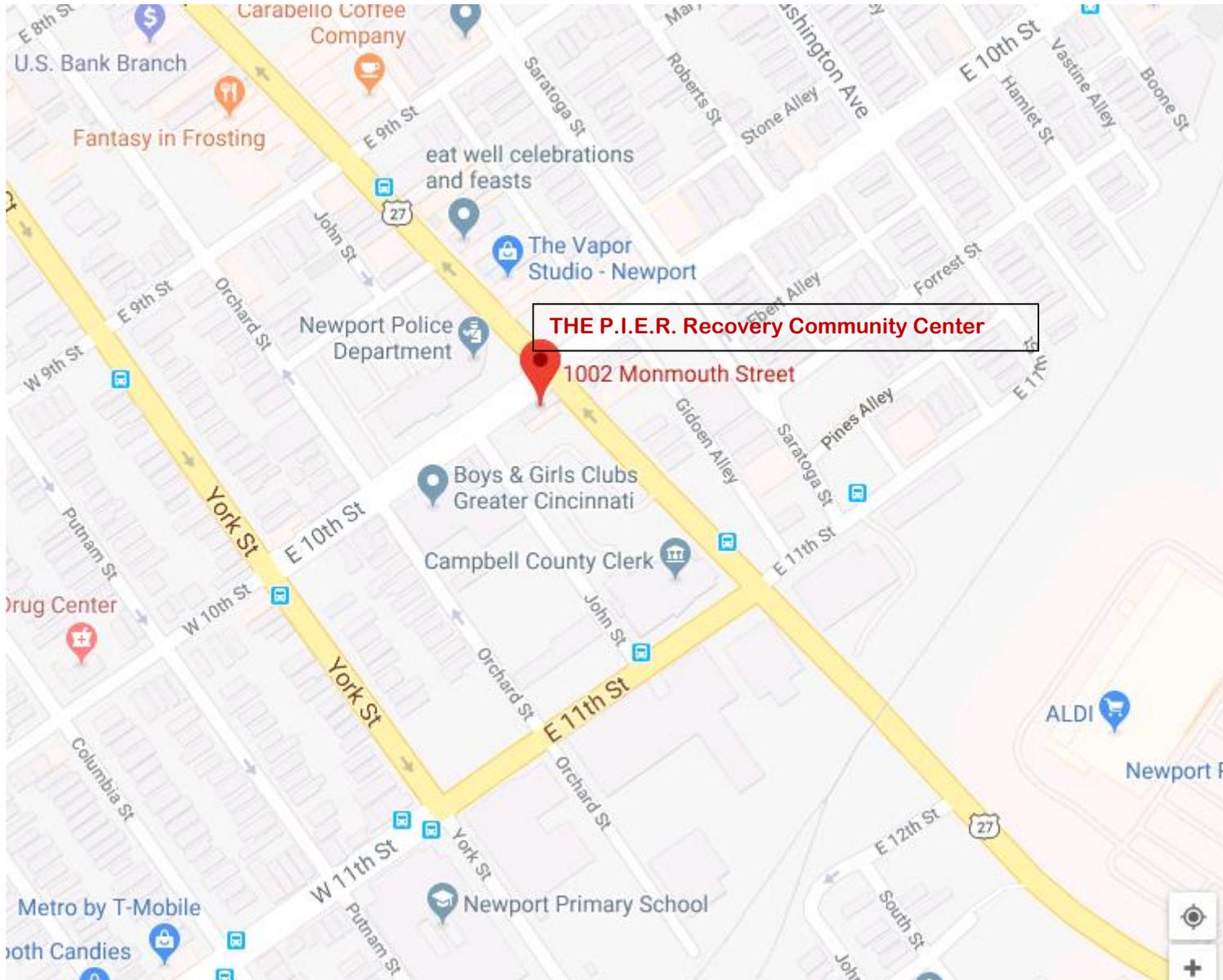
**Working towards Wellness:** KCPSS Facilitator leads this *DBSA* curriculum. This class will help participants learn to identify healthy lifestyle choices, track progress, recognize patterns and put together a wellness plan that fits their specific daily needs.

**Effective Problem Solving Communications Skills:** KCPSS Facilitator leads this class, designed to develop interpersonal communication skills through actual practice and training. Our professional co-facilitator will focus on the principles of this course that include \*Reach \*Withdrawal \*Speak \*Listen \*Give \*Receive. *Tools for transformation*.

**Re-Entry:** KCPSS facilitator leads this *NREEP/SAMSHA* curriculum. This class will assist participants with collaborative mapping based interventions that help identify goals while reentering the world after being exposed to incarceration, hospitalization and other treatment facilities.

**Seeking Safety:** KCPSS facilitator will assist participants in focusing on healthy coping skills. This class will cover topics that vary from honesty, setting boundaries, taking care of self, ask for support, and how to access community resources.

**Budgeting & Time Management:** KCPSS facilitator will assist participants in creating a realistic workable budget. Participants will develop multiple worksheets and exercises to help promote and maintain healthy budgeting skills.



***P.I.E.R. Recovery Community Center*** 1002 Monmouth Street, Newport, KY 41071-2117 (859) 547-6539 [www.mhankyswoh.org/pier](http://www.mhankyswoh.org/pier)