



## MH Adult Group Therapy Summer Schedule

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*Available to all **adult** clients open to  
Mental Health at CCMH.*

*Please speak with your counselor to  
be referred to groups.*

*Compassion, Inclusion, Integrity,  
Accountability*

**Hope and Healing Begin Today**

### **Monday**

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#### **Piece by Piece**

**Start Date:** July 6th

**Time:** 4:00 pm - 5:30 pm

A creative process group for transitional-age youth exploring identity, relationships, self-expression, and the transition into adulthood. [A 10 Week Group done over Two 5 Week Sessions.](#)

### **Tuesday**

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#### **Stress Management**

**Start Date:** July 7th

**Time:** 2:30 pm - 4:00 pm

[A 10 Week Stress Management group](#) focused on building practical skills for understanding stress, improving emotional regulation, and strengthening overall well-being.

## From Surviving to Thriving

**Start Date:** July 7th

**Time:** 3:00 pm - 4:30 pm

Trauma is healed through safety, connection, and knowledge. This comprehensive trauma support program will allow individuals to learn, grow, and heal alongside others navigating healing from trauma. [A 12 Week Group.](#)

## Wednesday

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### DBT Skills Training

**Start Date:** July 8th

**Time:** 3:00 pm - 4:30 pm

Learn DBT skills to learn to manage troubles with emotional regulation, reduce harmful behavior patterns, and increase healthy communication. [A 12 Week Group.](#)



## Thursday

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### You Matter

**Start Date:** July 9th

**Time:** 10:00 am - 11:30 am

[An 8 Week skills training group](#) that uses Cognitive Behavioral Therapy strategies to help you overcome low self-esteem and build a positive self-concept.

### Personal Development

**Start Date:** July 9th

**Time:** 11:00 am - 12:30 pm

[A Structured 11 Week Personal Development group](#) focused on building practical tools to reduce internal struggle, increase psychological flexibility, and move towards a more meaningful life.



## Friday

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### Art and ACTION

**Start Date:** July 10th

**Time:** 11:00 am - 12:30 pm

Integrate Art Therapy with ACT Treatment practices to provide new ways to develop mindfulness and emotional regulation skills.

No Art Experience Needed.

A 12 Week Group.

### Healthy Relationships

**Start Date:** July 10th

**Time:** 2:00 pm - 3:30 pm

A 12 Week Group focused on helping you develop skills to improve how you engage in both romantic and friendship

### Stage of Change

**Start Date:** July 10th

**Time:** 3:00 pm - 4:00 pm

An 8 Week Group focused on helping you learn how change happens, how to identify the stages of change various aspects of things are in your life, and move forward to the next stage.

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Dates and Times on these groups are not guaranteed.  
If you have requested to participate in a group and the Date or Time change you will be notified

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### CCMH Creekside

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