



New Outpatient Therapy Groups Offered for 2021

Teen COVID Survival Group (Tuesdays from 3:30 PM to 5:00 PM)

This group is for older teenagers looking for a way to increase their ability to manage the various problems and concerns that being in a pandemic has taken on themselves. It explores how to keep themselves safe and how to be able to increase the ability for their own positive self-care.

Some of the topics that this group will look at will be the effects of isolation has on mental health.

- Isolation and how it affects anxiety and depression.
- Healthy vs Unhealthy coping skills.
- Positive and Negative Self Talk
- Natural Supports and Resources
- Appropriate Time Management
- How to keep safe on Social Media
- Communication and how to ask others for help. Nobody is perfect.

Healthy Relationships Support Group for Teens (Thursdays from 3:30 to 5:00 PM)

This group is for preteens and early teenagers that are looking at how to have healthy relationships in this day and age of the pandemic.

Some of the topics that this group will look at revolve around the use of social media and the positive and negative aspects of it when you are isolated and this is one of few ways to interact socially with others.

- The good, bad, and the ugly of social media.
 - Positive and negative friendships and relationships over social media.
 - How to stop and think before using social media and posting or saying something that you might not be able to take back.
 - Healthy vs negative ways to interact with others while being socially isolated
 - Some of the warning signs to look out for that you or a friend may need to turn to someone to talk to for help.
 - The use of Positive self-talk.
 - The need to unplug at times to remain centered in your life.
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Adult COVID Support (Wednesdays from 10:45 AM to 12:15 PM)

This group is focused on any adults from 18 or older that needs help in managing the life we are all living here in a pandemic. The main themes of this group is for any adult that just needs a safe space to process through with other adults the problems they have been experiencing over the course of the past year. Some of the topics that may be covered are:

- Adjusting to the changes in our life due to COVID.
- Stress
- Anxiety
- Depression
- Sleep Problems
- How to handle family conflict and finding some space apart while still being together
- Working from home or not working at all
- Homeschooling for your children

I Am Not Alone COVID Support Group for Adults (Fridays from 3:30 PM to 5:00 PM)

This group is for adults who have significant mental health issues and may be either physically living alone and isolated due to the pandemic. Group members could even be adults that may feel isolated and lonely even though they may be living with their family or friends. Many folks feel that they are going through all of this alone. This group will focus on not only showing that others are feeling the same way, but will also introduce and explore better coping skills to handle both mental health symptoms and COVID fatigue symptoms. Some of the topics to be covered:

- How to better feel connected when you feel alone and disconnected.
- What natural supports in your environment can you turn to for further help and support?
- It is ok if you need to call and talk to crisis or need to go to the hospital when you are feeling like you want to hurt yourself or someone else.
- Seeking help or support is not a weakness.

Please call us for more information if you are interested in joining any of our outpatient groups or interested in any of our other outpatient services such as Individual Therapy, Medication Management Services, School-Based Therapy Services, Blended Case Management, or Intellectual Disabilities and Autism Supports Coordination Services:

Washington Communities Human Services

378 West Chestnut Street

Washington, PA 15301

Phone: 724-225-6940

