Drop-in Skills Group

Who is eligible: Any current Harris Center client, or any client on our waiting list.

What: This group will be taught like a class, and will focus on skill building and cover a variety of topics over the course of the semester (below).

You can pick and choose which groups you would like to attend, and it will be a pay as you go system ($10 per group).

When: Monday evenings (6:00 pm), Thursdays at noon (12:00 pm).

Fall 2017 Group Topics

- Week of September 11th: Managing acute stress/distress tolerance
- Week of September 18th: Sleep hygiene and healthy coping
- Week of September 25th: Introduction to mindfulness and relaxation
- Week of October 2nd: Cognitive distortions and thinking traps
- Week of October 9th: Recognizing and asserting needs in relationships
- Week of October 16th: Emotions and emotion regulation
- Week of October 23: Recognizing and living in line with values and goals.
- Week of October 30th: Building relationships, listening/validation, apologies
- Week of November 6th: Building self-esteem/respect, self-care strategies

Call (859) 257-6853 or email harrispso@gmail.com for more information!