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: Tuesday mornings (10am-11am), Thursday evenings (6:30-7:30 pm).

**Spring 2018 Group Topics**

- **Week of January 29th**: Managing acute stress/distress tolerance
- **Week of February 5th**: Sleep hygiene and healthy coping
- **Week of February 12th**: Introduction to mindfulness and relaxation
- **Week of February 19th**: Cognitive distortions and thinking traps
- **Week of February 26th**: Recognizing and asserting needs in relationships
- **Week of March 5th**: Emotions and emotion regulation
- **Week of March 19th**: Recognizing and living in line with values and goals.
- **Week of March 26th**: Building relationships, listening/validation, apologies
- **Week of April 2nd**: Building self-esteem/respect, self-care strategies

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