



Here for All.

Wake County Group Therapy Sessions

Monarch offers a variety of Group Therapies. Group Therapy has significant benefits, including reducing mental health symptoms and addressing personal goals. Participants experience emotional support, empathetic understanding, and authentic encouragement from one another. Individuals can increase self-confidence through revealing their interior lives. Group therapy is instrumental in healing many types of emotional and psychological struggles people experience: depression, anxiety, anger, fear, shame, etc. Members feel less alone in the world through understanding that what they're going through is not altogether uncommon. Understanding other people's problems, goals, and solutions helps members clarify their own.

Committed attendance is encouraged, as the commitment to the group is in itself therapeutic. When members "show up," they do so not only for themselves, but for other participants as well.

Sessions will be held at

Whitaker Mill
401 E. Whitaker Mill Road
Raleigh, N.C. 27608
(855) 986-1763

Open 8 a.m.-5 p.m., Monday-Friday

For more information about these and other services offered at Monarch, call (866) 272-7826.



Find us on Facebook and Twitter



SafePlace: Mondays, 2 p.m.-3 p.m.

A solution-focused, cognitive behavioral therapy group, SafePlace is designed to approach the unique life situations and circumstances experienced by the lesbian, gay, bisexual, transgender, questioning (LGBTQ) community and their allies. This group is designed to be inclusive, not exclusive, and will provide a safe, comfortable, non-judgmental space on your journey to health and happiness. Evidenced-based practices are provided with consideration, knowledge and respect for one's orientation.

Dual Diagnosis Group for Women: Mondays, 3 p.m.-4 p.m.

This group is an opportunity to address both substance use and mental health issues in a positive, supportive atmosphere. Group content includes both information and self-exploration with the goal of maintaining sobriety and maximizing mental health.

Dialectical Behavioral Therapy (DBT) Skills Group:

Tuesdays, 10:30 a.m.-11:30 a.m.

DBT is an evidence-based practice that has been effective in reducing self-harm, suicidal behaviors, inpatient hospitalization days, anger and aggression – and improving social adjustment. DBT is most known for the treatment of Borderline Personality Disorder. However, it can be effective in the treatment of anxiety, depression, chronically suicidal individuals, eating disorders, as well as individuals with substance use disorders and people with chronic pain or other physical problems that don't respond to treatment. Skills taught in DBT include mindfulness, interpersonal effectiveness, emotion regulation and distress tolerance.



One of North Carolina's most trusted providers of services for people with mental illness, substance abuse challenges, and intellectual and developmental disabilities.

Wake County Behavioral Health Services

- Open Access**
- Outpatient Therapy and Psychiatric Services**
- Assertive Engagement**

For more information about **Monarch Behavioral Health** services, call (866) 272-7826 or visit www.MonarchNC.org.

Established in 1958, Monarch provides support statewide to thousands of people with intellectual and developmental disabilities, mental illness and substance abuse disorders. The agency is nationally accredited by The Council on Quality and Leadership (CQL) and is CABHA certified. Monarch operates The Arc of Stanly County, which is a chapter of The Arc of North Carolina and The Arc of the United States. To learn more about how Monarch is "Helping Dreams Take Flight" for people living in our communities, please call (866) 272-7826 or visit www.MonarchNC.org.

Wake County Group Therapy Sessions

Dual Diagnosis Group for Men: Tuesdays, 3 p.m.-4 p.m.

This group is an opportunity to address both substance use and mental health issues in a positive, supportive atmosphere. Group content includes both information and self-exploration with the goal of maintaining sobriety and maximizing mental health.

Anger Management: Wednesdays, 4 p.m.-5 p.m.

The goal of the Anger Management group is to aid participants in cultivating a calm and contented mind, peaceful relationships and productive work life. Don't let anger get in your way. Using a cognitive behavioral approach, the group will focus on the origins of anger, increasing awareness of signs of anger and managing anger, so it doesn't manage and consume you.

Change Your Thinking: Overcome Anxiety and Depression with Cognitive Behavioral Therapy (CBT): Wednesdays, 3 p.m.-4 p.m.

We all have a lot of thoughts that go through our minds every day. Many thoughts can be irrational and unhelpful, leading to anxiety and depression. CBT helps to build awareness of what they are, when they happen and what effect they have on us so that we can them examine, challenge and replace them with healthy thinking. If we can work on changing the way we think and react to situations, we can change our feelings and behaviors.

Mind Over Mood: Thursdays, 3 p.m.-4 p.m.

The Cognitive Behavioral Therapy (CBT) group is designed to assist you with understanding how your thoughts, your activities, and your contacts with other people affect your mood. In CBT, you will learn to understand and gain control over what has an effect on your mood with various practical techniques that can be used now and in the future. CBT will teach you how to avoid unnecessary suffering in your life.

Relax and Recover: A relaxation and stress management group:

Fridays, 3 p.m.-4 p.m.

Stress can become overwhelming and interrupt the healthy state of equilibrium that your nervous system needs to remain in balance. When stressors throw your nervous system out of balance, relaxation techniques can bring it back into a balanced state by producing the relaxation response, or a state of deep calmness that is the polar opposite of the stress response. Relax and Recover will teach you skills needed to relax and manage the stress in your daily life. Skills will be practical and easy to learn.

