

Guilford County Group Therapy Sessions

In addition to traditional outpatient individual therapy, Monarch offers a variety of Group Therapies. Group Therapy has significant benefits, including reducing mental health symptoms and addressing personal goals. Group members experience emotional support, empathic 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. Participants learn to accept support from others. 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.

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 to support others as well.

If interested or for more information, group sessions will be held at:

Monarch's Bellemeade Center
201 North Eugene Street, 1st Floor
Greensboro, NC 27401
(336) 676-6890 or (336) 676-6919

For specific information about the groups, please contact Monique Crutchfield at (336) 676-6846 or Monique.Crutchfield@MonarchNC.org.



Mind Over Mood: *Thursdays, 2 p.m – 3:30 p.m.*

This group is held to help people with major depression. The session will focus on practical ways to deal and cope with symptoms of depression in the here and now as well as in the future. Cognitive Behavioral Therapy (CBT) is an evidenced-based practice that will be utilized in the group setting. One of the most important goals will be to increase our knowledge base about depression and how we can avoid unnecessary suffering in our lives.

Successful Solutions: *Fridays, 11 a.m. -12 p.m.*

This class is designed to assist people in developing solutions to current problems. The focus will be on the participant's strengths and resources available. Participants will learn to focus on the present and the future rather than the past, on hope and achievement, rather than their causes. This class is designed to assist people with various life issues such as family relationship issues, panic attacks, phobias and for making major life decisions, etc. Please use your clinical judgment when referring to this class.

Stress Busters: *Daily, 4 p.m. – 5 p.m.*

(Adults, age 18 and older) This is a unique class taught by a licensed professional. This class will focus on the various stressors in your life and how you react to them. Once you have identified the source of your stress and how you are currently coping, you will be taught how to relax your mind and body, replace your self-defeating behaviors with responses that are more productive, and spend less time worrying and more time enjoying your life. The class will teach skills to improve relaxation, worry control, coping skills, assertiveness, anger management, and relationship building, as well short and long term goal setting.





Guilford County Group Therapy Sessions

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

Guilford County Behavioral Health Services

Crisis Assessment Services Center
(Adults and children)

Outpatient Therapy and Psychiatric Services
(Adults and children)

Walk-In Clinic
Monday - Friday 8 a.m. - 3 p.m.

To make an appointment, for the most up-to-date information about **Monarch's Behavioral Health** services and to find out where Monarch offers services throughout North Carolina, 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 challenges. Monarch is a nonprofit organization that is nationally accredited by CQL and CABHA certified.



An affiliated chapter of The Arc



Life Skills for Emotional Health: *Tuesdays from 1-2:30 p.m.*

This class is designed for adults who are diagnosed with Borderline Personality Disorders, and/or struggle with self-injurious behaviors such as cutting. In this group, participants will learn skills that assist in decreasing dysfunctional behaviors and become more successful when interacting with others. Areas of focus include emotion regulation, mindfulness, distress tolerance and interpersonal effectiveness. Participants of this group will also be required to attend individual therapy.

Dual-Diagnosis Group: *Mondays, 2 p.m. - 3:30 p.m.*

Millions of individuals live with mental illness and substance abuse diagnoses. This groups will explore the link between psychiatric and substance abuse disorders. We will also take a look at the physiological effects that co-occurring and psychiatric disorders have on physical health, coping with stress and emotions with healthy alternatives to alcohol and other drug abuse. Vital information about the process of recovery and coping when in a crisis, preventing a relapse and maintaining recovery will also be shared and discussed.

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

(Adults, age 18 and older) This group is to help people who have difficulty managing anger. Can be court ordered or voluntary. Anger Management Group is designed to teach people the necessary skills to overcome situational and general anger. Cognitive Behavioral Therapy (CBT) has been found to be an effective, time-limited treatment to help overcome challenges regarding anger. Session topics for this group include: Learning to identify triggers for anger, How to develop and maintain an anger control plan, thought stopping, and conflict resolution. The treatment model for this group is a combined CBT approach that uses relaxation, cognitive and communication skills interventions.

Temper Tools: *Mondays, 5 p.m. - 6 p.m.*

This is an Anger Management Group for adolescent boys and girls. This session will provide children with the skills to overcome situational and general anger. The group will discuss identifying the triggers of anger, developing empathy, dealing with peer pressure, short and long term consequences and relaxation techniques. It can also help participants discover how to evaluate anger levels, manage anger in relationships, and address anger from past events.

B.L.A.S.T.- Being a Leader Along the Social Trail: *Tuesdays, 4 p.m. - 5 p.m.*

(Children ages 8-12) This group will assist children with an ADHD diagnosis by helping them to identify and improve strategies for social skills and impulse control. A different skill will be highlighted in a fun and interactive setting. Some of the groups topics include: Taking turns, dealing with peer pressure, communication style and dealing with change. To better accommodate the parents' busy schedule, the same session will be offered twice weekly.

Recovery Now Group: *Tuesdays, 2 p.m. - 3 p.m.*

The focus of this group is to provide support to people with illness management and recovery, especially those with schizophrenia and bipolar disorder. Participants of the Recovery Now Group will cover areas such as: Practical Facts about Mental Illness, Using Medication Effectively, Coping with Problems and Symptoms, Drugs and Alcohol Abuse, Coping with Stress and Learning to navigate the Mental Health System. Monarch is here to support you in developing personal strategies for managing your symptoms with the goals to reduce future hospitalizations.