

Mecklenburg 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, 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. 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
5700 Executive Center Drive, Ste. 110
Charlotte, NC 28212
(704) 525-3255

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



Level I Stress Reduction: *Wednesdays 2 p.m. – 3 p.m. and
Thursdays 11 a.m. – noon.*

According to the Centers for Disease Control, 90 percent of doctor visits are stress related. Stressors come from all areas of life including: home, school, work, community, medical conditions, and interpersonal stress. Often stress from one area directly impacts other areas, resulting in a stress-induced cycle that can be difficult to manage and may feel overwhelming. Science has shown that the practice of mindfulness is beneficial in managing negative emotional states and improving the symptoms of physical manifestations like diabetes, chronic pain and high blood pressure. The stress reduction group is based on the evidenced-based practice Mindfulness-Based Stress Reduction (MBSR) and teaches how life experiences shape the brain, how your brain and body respond to stress, how to reduce the stress response and how to apply mindfulness/meditation throughout all areas of your life.

Level II Stress Reduction: *Thursdays 9:30 a.m. – 10:30 a.m.*

This group is for members who have attended a minimum of five group sessions in the Level I Stress Reduction group. Level II Stress Reduction is for those looking to deepen their practice with mindfulness and meditation. Since introductory mindfulness education is unnecessary, the intention is to allow more time for meditations and group processing. During group processing, we will explore the origins of members' belief systems, identify cognitive distortions and collaborate on ways to apply the attitudes of mindfulness. Members will explore alternative perspectives and behaviors to promote healthy patterns and habits of daily living.



Mecklenburg 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.

Mecklenburg County Behavioral Health Services

Outpatient Therapy and Psychiatric Services (Children and adults)

Intensive In-Home Services (Ages 5-21)

Community Support Team (Adults only)

Assertive Community Treatment Team (Adults only)

Residential Services (Adults only)

Open Access (Last appointment taken at 3 p.m. each day)

For the most up-to-date information on **Monarch Behavioral Health** services and where they are provided, or for more information, go to www.MonarchNC.org or call (866) 272-7826.

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



Changes and Choices: *Mondays and Tuesdays 11 a.m. – noon*

Changes and Choices focuses on depression and anxiety, utilizing techniques from Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT). Group members develop skills to reduce and learn to cope with symptoms like excessive sadness, irritability, constant worry and sleep problems. Changes and Choices is open to adults 18 and older.

Dialectical Behavioral Therapy (DBT): *Tuesdays 9:30 a.m. – 11:30 a.m. (9 a.m. – 9:30 a.m., Group Orientation for new members)*

DBT is an evidenced-based program that has been shown to be effective for people living with borderline personality disorder and substance abuse disorders. DBT helps people learn to regulate their emotions, improve their relationships with others and handle personal crises more effectively. This program combines weekly skills training sessions with regular consistent individual therapy sessions. Prior screening by attending orientation is required before beginning the program.

Anger Management: *Tuesdays 3:30 p.m. – 4:30 p.m.*

Anger management teaches people skills to overcome situational and general anger. The group incorporates relaxation techniques, cognitive restructuring and coping skills training. It can also help people discover how to evaluate anger levels, identify anger triggers, prevent road rage, manage anger in relationships, and address anger from the past.

Creative Coping: *Wednesdays 1 p.m. – 2 p.m.*

Finding ways to cope – with depression, stress, anxiety and more – is one of the keys to overcoming any mental health challenges. Creative Coping combines creative self-expression with techniques found in more traditional cognitive behavioral therapy to improve overall functioning in the world.

Women Supporting Women

Women Supporting Women is a trauma-focused, psycho-educational group that involves cognitive processing (retraining how we think) and skill building for women with a history of trauma. In this group, members address feelings of guilt, shame, anger, stress, and helplessness in order to change core beliefs and reduce their chances of future involvement with potential abusers. This group is for women only.

Depression: *Thursdays 4:30 p.m. – 5:30 p.m.*

Anyone living with it knows that depression is like a cancer of the spirit, sapping your strength and making it difficult to face the day. You are not alone. The depression group focuses on those symptoms that intrude on us the most – sadness, worry, decreased energy and sleep problems – utilizing Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT) techniques. Group members find strength in numbers, learning from each other, developing new skills to reduce symptoms today and restoring hope for tomorrow.