

GROWING RECOVERY

Free virtual support and discussion groups for adults with mental health and/or substance use challenges.

COPING WITH TRAUMA

Tuesdays, 11 AM - 1 PM: A support group for individuals who have experienced trauma, whether it's a single incident or cumulative. Come share and receive support around the challenges of coping with trauma. We do not go into specifics of the trauma(s); instead we focus on coping with the effects of trauma. The group is facilitated by a certified peer recovery specialist who has experienced trauma and is trained in trauma informed care.

SIT & STITCH & COLOR & CONVERSE

Tuesdays, 1 PM - 3 PM: A low key support group where everyone is working on an activity of choice (i.e., coloring, sewing, knitting, drawing, etc.) while chatting.

WOMEN'S SELF-EMPOWERMENT

Wednesdays, 12 PM - 2 PM: Would you like to know more about how to take control of your own life, set goals, make positive choice and believe in yourself? Join in the learning and questioning as we explore the many aspects of self-empowerment and discover helpful strategies and free resources.

PEER CONNECTIONS

Thursdays, 1 PM - 3 PM: A safe, confidential environment for those of us with mental health and/or substance use challenges to share and listen to one another.

SATURDAY SUPPORT & SHARE

Saturdays, 12 PM - 2 PM: A general support group for those of us with mental health and/or substance use challenges.

For more information: contact Carlie at csears@rappahannockareacsb.org or 540-369-2797.
To register contact Tracy at tringquist@rappahannockareacsb.org.