

FW: Support Groups at MHA via zoom!

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Wed 8/26/2020 9:52 AM

To: Clark, Leila (OMH) <Leila.Clark@omh.ny.gov>

From: Mental Health Association in Ulster County Inc. <wellnessinfo@mhainulster.com>

Sent: Tuesday, August 25, 2020 12:03 PM

To: Clark, Leila (OMH) <Leila.Clark@omh.ny.gov>

Subject: Support Groups at MHA via zoom!

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Fall 2020 Support Groups

Currently offered via zoom or by phone

Coping with Anxiety & Depression

This group is for those looking to gain support, strategies, and coping mechanisms to cope with anxiety and depression.

Wednesdays 2:00 - 3:30pm

Thursdays 6:00 - 7:00pm

Ready, Steady, Go!

Join others who are diagnosed with Parkinson's Disease. Share feelings and learn ways to cope with PD's challenges in a weekly, peer-led support group.

Thursdays 2:30 - 3:30pm

Live for Today

This group is open to adults with thoughts of suicide. This group provides an opportunity to identify and connect with the part of us that wants to live, offer support to others, and share coping tools.

Starting 9/14: Mondays 5:00 - 6:00pm

Eating Disorder Support Group

This group is for individuals who identify as having a restrictive eating disorder, and offers education and support.

Starting 9/8: Tuesdays 5:30 - 6:30pm

Women's Anger and Trauma Management

Join other women for a 10-week workshop on effective coping strategies, exploring anger and as emotion, uncovering the causes of your anger, and gaining control of your emotions.

Start Date TBD: Thursdays 5:30-7:30 pm

Men's Anger Management

Join other men for an 10-week workshop on effective coping strategies, exploring anger and as emotion, uncovering the causes of your anger, and gaining control of your emotions.

Start Date 9/10: Thursdays 6:00 - 8:00pm

There is a long wait list for AM and a 10 person participation limit. If you are not called you will stay on the list of the next session!

Mindful Eating Group

This group is for individuals coping with emotional eating or overeating. Participants may be seeking support for Binge Eating Disorder, may struggle with obesity, and/or may have had or are considering bariatric surgery.

Starting 9/14: Mondays 6:30 - 8:00pm

Bereavement Support Group

This group is specifically for those who have lost someone to an overdose.

Starting 9/14: Mondays 6:30 - 8pm

All of these groups are Professionally Led, Free, Ongoing, Confidential, and Open to the Adult Public.

Groups do not meet on Federal Holidays. This information was updated on 8/17/20.

Please call (845) 339-9090 ext. 2202 or 2211 for information or registration.



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Feeling stressed by the COVID-19 pandemic? You are not alone. Call the NYS Emotional Support Helpline 7 days a week, 8am-10pm at 1-844-863-9314.

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