with the therapy dogs in a casual, comfortable setting.

Recycle Art: In this group we use various recycled products to complete original art projects. You'll also learn more about the environment and what we can do to help preserve it.

Relaxation Group: Do you find it hard to relax? Or do you just need to take some extra time for yourself? Then come to our calm and soothing environment in relaxation group. Relaxation group is great for anyone who wants to unwind and clear your mind. There is always something new to try; we may use deep breathing, mediation, stretching, yoga, aromatherapy, scenic walks, music, writing, reading, cloud watching or flying kites and we would love to add any ideas you may have to offer.

Social Recreation (Camp Cool): Looking for something fun to do in the afternoon? Join us for games, cards, basketball, foosball, ping pong, billiards and positive socialization in the gym.

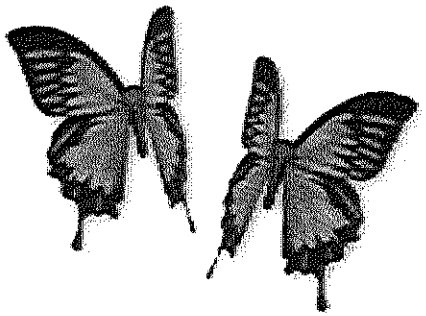
***Stress Management:** Are you feeling a little (or a lot) of stress? This group focuses on identifying what causes stress in our lives and alternatives to reducing stress. We discuss how to reduce stress and relax through a variety of different relaxation producing techniques & activities. Everyone is welcome.

Success with Crafts: Discover a variety of crafts. There is no right or wrong, with crafts. Making them, not the end result is what counts. Success with crafts can distract the mind, soothe the soul, de-stress the body and provides a sense of accomplishment. Plus it is downright fun.

***Task Skills:** Task skills focuses on building skills toward independent employment. It is part of the work program and requires a referral, as all positions in task skills are paid positions. Work includes short-term tasks such as ceramics and craft activities to promote task & communication skills. This is a referral group.

Therapeutic Activities of Opportunity: This term refers to all of the above groups, if they are not on your treatment plan. When attending these groups, you are demonstrating that you can use your leisure time in an appropriate way.
So be sure to attend as many as you can!

Civil Rehab Groups



*** Denotes that the group requires a referral**

Adaptive PE/Open Gym/Social Recreation: Do you enjoy doing physical activities? Are you looking for something fun to do? Join us for games, cards, basketball, foosball, ping pong, billiards and positive socialization in the gym. Everyone is welcome to participate and have fun in this group.

Aerobics/Fitness/Body for Life/Mall Walkers: Come see how good you can feel as you begin to exercise. Challenge yourself at your own pace and see if you don't start to feel better within one week. Bring a friend, or come and meet someone new. Whatever you do, come experience how good it feels to exercise.

***Anger Management:** Do you have difficulty dealing with anger? Are you aware that anger can be a positive issue in our lives if we learn how to deal with it effectively? In this group, this is what we will help you do. Currently there are 2 Anger Management groups available to attend. This is a referral group.

Art/Music Appreciation: Want to learn about new and different music? Interested in the way fine artists work? Then this is the group for you. In Art and Music Appreciation you will watch a wide variety of musicians and bands live in concert, acoustic performances, and music videos. You will learn about their history to becoming who they are in the music industry, how they got there and their struggles along the way. You will learn first hand how a fine artist gets their inspiration to create their masterpieces, the skills and education it takes to becoming a fine artist. You will learn to appreciate the people and places that give our world the beauty of art and music.

***Social Skills/Communication Skills:** In this group we work on developing positive social skills such as cooperation and personal boundaries, how to start a conversation, team work and other skills that are important for being successful in the community. This is done through games, role-playing, story telling, and group/team work. This is a referral group.

***Cooperative Activities:** Do you sometimes have difficulty working with others? Would you like to learn how to work as a team? Cooperative Activities group will provide you with the skills you need to work alongside others as well as the safe space to practice those skills.

Hand building: Want to play with clay? Learn how to hand-build or throw pots on the potter's wheel. This group is a quiet group where people who want to learn more about working with clay can come by, listen to music, and express themselves. Open to everyone.

Inspiration Group: What Inspires You? Do you find inspiration comes to you in many different ways? If you like reading poetry, writing poems or stories, creating art, journaling, listening to music, or jut finding inspiration in its various forms, than this is the group for you.

***Leisure Education**: When you think about discharge, what kind of activities do you imagine doing in your free time? Back to the old, unhealthy habits, or activities that lead to trouble? In this group, we'll explore the positive, healthy options for activities to fill your free time when you get discharged.

***Life Skills/Community Living Skills:** This group focuses on increasing independence in preparation for discharge, by improving skills in the areas of money management, public transportation, nutrition, meal planning and preparation, home and community safety, clothing care, phonebook use, phone etiquette, map skills, community resources, grooming and hygiene and housekeeping. This is done through discussion, handouts, hand-on practice and outings.

Music Listening: This group is open to all who enjoy quietly listening to music. We have individual listening stations and an assortment of CD's and tapes. Come on over to the Rehab Music Room and have a good time!

Open Art/Ceramics: Art & ceramics are open for everyone to attend. They are designed to provide enjoyable leisure activities for our clients. Both groups have knowledgeable staff that can teach or assist you with a variety of different projects that you choose. Check the calendar for scheduled times and locations.

Pet Therapy: Are you a pet lover? Do you enjoy cuddling with a furry four legged companion or learning what it takes to care for one? Certified Pet Therapy dogs from the Delta Society alongside their trainers assist and encourage patients to interact