

<p><u>Monday</u></p> <p>8/12/18 &amp; 8/26/18 3pm - 4:30pm <u>Serenidad (en Español)</u> -con Maria Averza</p> <p>8/5/18 &amp; 8/19/18 3pm - 4:30pm <u>Transgender Support Group</u> - with Allister Styan and Maria Averza</p>	<p><u>Tuesday</u></p> <p>1pm - 2pm <u>Continuing Care</u></p>	<p><u>Wednesday</u></p> <p>9am-10:30am <u>*Journey To Wellness-</u> with Amelia Morlando</p> <p>1pm-2pm <u>Continuing Care</u> -with Amelia Morlando</p> <p>3pm-4:30pm <u>*The Next Step</u> - with Amelia Morlando</p> <p>(Clinic closed after Noon on August 21st for staff meeting)</p>	<p><u>Thursday</u></p> <p>10am - 11:30am <u>Camino De Colores</u> -con Maria Averza</p> <p>1pm - 2pm <u>Life Skills for Success</u> -with Maria Averza</p> <p>3pm - 4:30pm <u>*Anxiety Management &amp; Depression Recovery</u> -with Maria Averza</p>	<p><u>Friday</u></p> <p>10am - 11:30am <u>* Women's Empowerment</u> - with Nivee Roy (class cancelled on 8/9/19 and 8/16/19)</p> <p>1pm - 2pm <u>Continuing Care</u> - with Nivee Roy</p>
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Western North Carolina Community Health Services  
W.N.C.C.H.S. - The Minnie Jones Clinic

# Behavioral Health Classes

## August 2019

### Classes provided by :

Nivee Roy, LPC, LCAS (ext.2232)  
Amelia Morlando, CSI, LCAS, LCSW (ext.2230)  
Maria Averza, LPC, LCAS (ext.2131)

**(828)285-0622**

Check In & All Classes Located at:  
Minnie Jones Clinic  
283 Biltmore Ave  
Asheville, NC 28801

Enter next to Pharmacy, on South side of building.  
Must be a registered patient of WNCCHS to attend.

## Open Classes

**These introductory classes are a good place to get started or check in. While some patients use these for weekly support, these classes are also a great way to meet with our different therapists, and sign up for Specialized Classes.**

### Serenidad (en Español) (con Maria Averza ext. 2131)

Este grupo sirve para aumentar las conexiones sociales y apoyo mutuo. También ofreceremos herramientas básicas que podrán ayudar a navegar las problemáticas que surgen a diario. Esto ayudaría a mejorar la confianza y perspectiva de uno de forma positive y efectiva.

### Transgender Support Group (with Allister Styan, ext. 2303 and Maria Averza, ext. 2131)

This group is focused on providing social and peer support to members of the transgender community, as well as sharing resources and other helpful information. For more info or to RSVP contact Allister Styan, ext. 2303.

### Tuesday Continuing Care

This drop-in class is focused on practicing art therapy techniques as a coping strategy for stress, anxiety, and depression.

### Wednesday Continuing Care (with Amelia Morlando, ext 2230)

This class provides drop-in support for individuals encountering challenges with **addictive behaviors**. Substance use, gambling, nicotine, food, and other compulsive habits are addressed through this class. You can also check in here for more information on The Next Step and Journey to Wellness groups.

### Camino de Colores (con Maria Averza, ext. 2131)

Venga a aprender a vivir con la mayor calidad de vida! Este grupo esta diseñado para aprender las técnicas y herramientas para conllevar una vida balanceada; disminuyendo los estresores que a veces nos puede, aumentando síntomas negativos como la depresión, la ansiedad y el trauma entre otros. Este grupo ofrece apoyo mutuo en un contexto de reverencia a la privacidad de las luchas y retos de la vida. Vamos a compartir las experiencias de diferentes 'colores' en nuestro camino de la vida, creciendo y compartiendo juntos.

### Life Skills for Living Well (with Maria Averza, ext. 2131)

This class will teach you coping skills and strategies to thrive in life. We focus on your strengths, positivity, healthy boundaries, goal setting, social skills, assertive communication as well as cutting edge practices such as mindfulness meditation. This group provides space to share experiences, learn about local resources, and to help foster attitudes and habits which support your wellness. A good starting point for daily changes and long term growth.

### Friday Continuing Care (with Nivee Roy, ext. 2232)

This drop-in class is focused on assisting individual patient needs by working through stressors, learning positive coping skills to handle day-to-day needs, developing safe, supportive healthy network to maximize wellness.

## \*Specialized Classes (must pre-register)

**Classes marked with a \* on the schedule are sequential. You must sign up for these classes by contacting the therapist listed for that class. You can to do this is by checking in with them, in person, at one of their Open Classes first.**

### \*Journey To Wellness - 4 week class

Offered for individuals in the **Project Wellness program (OBOT)** to provide education and support throughout their recovery journey. This class will consist of four educational sessions designed to assist individuals on developing a solid foundation for their transition to a healthier lifestyle. Contact Amelia Morlando, ext 2230.

### \*The Next Step (with Amelia Morlando, ext 2230)

This drop-in class is focused on relapse prevention through the development of coping skills to deal with cravings, learning to manage down-time by creating healthy leisure time activities, establishing a support network, HIV and Hep C education, and addressing co-occurring issues.

### \*Anxiety Management & Depression Recovery-4 week class

Understand the basis of anxiety & learn helpful techniques to alleviate symptoms. Sign up at any of the 1pm classes. Contact Maria Averza, ext. 2131.

### \*Women's Empowerment -12 week class

To assist women who have experienced trauma(s). Develop an understanding how trauma impacts your life, develop positive coping skills/choices; validate self from victimization to empowerment. To register, contact Nivee Roy, ext. 2232.

## **- Coming Soon! -**

### \*DBT Skills for Life-8 week class

Gain and make use of skills to help you manage emotions, improve relationships, handle stress and live in the moment. The class consists of *three* 8-week units. Commitment to at least 8 sessions required. Contact Lindsey Phillips, ext. 2236.

### \*Holistic Self-Care -4 week class

Gain insight and tools on how to manage chronic pain though increased whole person self care with a focus on psychoeducation about **chronic pain**, mindfulness, healthy diet/exercise, and **quitting smoking**. Contact Lindsey Phillips, ext. 2236.