

Wonder of ME



Wonder of ME is a virtual 10-week group about self-exploration that covers the following topics:

Week	Topic
1	Exploring our strengths while discovering our strong emotions. We will learn how to identify and understand more about our strong emotions
2	Exploring recreational therapy: learn how to 'fill up our tanks'
3	Creating healthy coping strategies
4	Understanding our stress triggers
5	Healthy self-care: physically, emotionally, mentally and spiritually
6	Healthy boundaries
7	Grief and hope
8	Healthy friendships
9	Social skills and conflict resolution
10	Celebration! We get to do a presentation for our family, friends and staff

Group 1

Wednesdays

January 18 - March 22

4:30pm - 6:00pm

Group 2

Tuesdays

January 31 - April 4

5:00pm - 6:30pm



To register:

Please email Kailey Cheropita at kcheropita@bethesdaservices.com

Registration email should include the group name (and number) that you would like to register for and your contact information, including name, email and phone number.