

Classes and Groups

Upcoming Classes and Groups

Parenting - \$10 per class (\$60 total) Self-Pay. Starts May 21st

DBT (Dialectical Behavioral Therapy) – Client only.
Begins May 17th.

Abuse Survivors - Mondays 1pm-2pm (women only)
Client only.

(IRL) In Real Life (Social Anxiety Group) - Mondays 5pm -6:15 pm
(women only) Client only.

Anger Management

*For more information on these classes,
please call us at 501-624-7111*

CLASS & GROUPS

LIFE SKILLS

This group is an evidence based group that is designed to help you learn and refine skills in changing behavioral, emotional, and thinking patterns. Joining this class can help you increase peace and joy, lessen distress, and build a life you're excited about.

ANXIETY & DEPRESSION

This group is for adults (18+) suffering from anxiety or depression, led by a licensed professional counselor. At support group meetings, people share experiences, personal feelings, information, and strategies for living successfully with mood disorders.

TRAUMA INFORMED YOGA

This group is taught by a therapist who is a certified yoga instructor. It will have repeated, consistent instruction and clients will be taught common resting poses taught for them to move into if triggered or fatigued. It will be a safe space with no competition or comparison with other clients in class.

ACTIVE PARENTING

Sometimes it may seem that children are out of control and that no matter what you do as a parent your child's behavior only gets worse. Active Parenting classes are designed to equip parents and kids with skills to develop more peaceful and meaningful relationships with each other.

ANGER MANAGEMENT

This group is led by a therapist who is a certified anger management specialist. The course focuses on developing skills in the areas of calming techniques, expressing negative emotions, stress and anxiety management, conflict resolution and practical solutions.

ABUSE SURVIVORS

This support group has been formed to offer an outstretched hand to adult survivors of abuse (physical, verbal, emotional or sexual abuse). Our support groups offer a means for survivors to share their experience, strength and hope with each other in a supportive environment.



