

Addiction Support and Recovery

The purpose of this group is to act as a support system for each other. We can talk openly and honestly about our addictions and recovery. This group provides us with a safe place to talk about these issues and aims to give us a sense of hope for the future.

Anxiety and Depression

This group offers a non-judgmental arena for peers to talk openly and honestly about their anxiety, depression and mental health and how they intertwine with each other. The group will remain confidential and offer support and empathy through sharing and discussion.

Beyond Bi-Polar / Depression

The purpose of this group is to provide us with the opportunity to talk honestly and openly about experiences often labeled as depression or bipolar. It is a place where we can find connection and understanding by talking about our common experiences. As peers we create an environment where it is safe to take risks and where we can get support and give support and get feedback and give feedback. This group reminds us that we are not a diagnosis. We are worthy human beings that deserve to live happy and fulfilling lives.

Check-in and Check-out

A question and quote are read at the beginning of Check In/Check Out to reflect on if people want to. This is not a discussion group, but more of a space for individuals to share. Often in our lives, we are not listened to, and we are told what we think. This space also allows us to practice the idea that "you are the expert on yourself."

Domestic Violence Survivors

Designed to be a safe, confidential space for domestic abuse victims, survivors, and

advocates to come together and share their experiences and lean on one another. Our group offers a space to connect with other survivors and help victims cope with domestic violence while building healthy friendships and relationships and is available to either men or women.

Eating Disorder Recovery and Body Image

We can talk openly and honestly about our relationship with food including experiences with anorexia, bulimia, bingeing, purging, overeating, etc. This group provides us with a safe place to talk about these issues and aims to give us a sense of hope for the future. This group promotes an open dialogue about positive or negative body image, providing peer to peer support, creating a support network to ultimately feel better when we walk away from group.

Feelings of Anger

The purpose of this group is to provide us with the opportunity to talk honestly and openly about experiences often labeled as rage or anger. It is a place where we can find connection and understanding by talking about our common experiences. This group reminds us that we are not a diagnosis.

Hearing Voices Network

This group is a part of the Hearing Voices Network USA, an internationally recognized peer support group for individuals who are voice hearers and/or who see, feel, taste or smell things that others may not. It is a place where we can share who we are and what we experience, that others may not, in a safe and non-judgmental environment. Instead of focusing simply on coping with what we experience, this group is meant to provide acceptance, empowerment, and hope. Here is a place where we can focus on living.

IPS Skills

Want to learn more about intentional peer support and how to apply it? This is the group for you. Learn about the 3 principles of IPS (Helping to Learning Together, Individual to Relationship and Fear to Hope and Possibility) and learn about the 4 tasks of IPS (Mutuality, Moving Towards, Connection and World View).

Isolation Support

Isolation group is a safe space designed for us to come together to address our concerns and feelings of isolation, that may bring us sadness, fear, etc.

Legislation and Activism

The purpose of this group is to brainstorm ways to get involved and make a difference, bringing awareness to mental health.

LGBTQIA+ Support

This group provides a confidential and supportive atmosphere to talk about the issues that affect us as members of the LGBTQ community, including our mental health experiences. In this group it will be possible to discuss the challenges we may have experienced or fear we may be experiencing. Some of the issues explored in the group may include, but are not limited to: sexuality, mental health, suicide, stigma, isolation, self-harm, internalized homophobia, anxiety, substance use/misuse, HIV/AIDS and safer behavior.

Life Goals

Making vision boards, setting SMART goals, journaling, and chatting about the goals we have for our lives are all things you can expect in this group. Come join us and work towards reaching your goals.

Life Skills

This is a group where we can lean on one another to learn life skills to be more independent. This could be anything ranging from sewing, cooking, finances, meal planning, cleaning and more. A modern-day home ec!

Men's Group

Men's group is a place where men can talk openly and not feel inhibited, and to build community among the men of MPS. The group will foster good conversation, a feeling of validity, improvement in self-esteem and self-confidence as well as an arena for men to learn something about themselves.

Navigating Relationships

Navigating relationships is a place where we can talk openly and not feel inhibited to build community among ourselves. The group will foster good conversation, a feeling of validity, and provide a space to talk openly about the messiness of the relationships in life.

Self-Harm Care

Self-Harm Care is a support group for those who have a history or thoughts of self-harm. Our hope is that none of us will feel alone in this group. We'll share how we have handled these difficult thoughts and the difficult feelings that have come up. Self-harm happens for a variety of reasons, and all are welcome to join the discussion and get support. This group aims to let us grow and learn from this experience and to learn to deal with these big and difficult emotions.

Survivors of Sexual Assault

Survivors of Sexual Assault is a place where individuals who have been sexually abused, past or present, to talk openly about the effects of the trauma (mental or physical) without criticism or judgment. The group is facilitated by peers who have

had personal experience with sexual assault and who can offer support for others who have been through/are going through this trauma. It is a group where people can find understanding, hope, compassion and to find that they are not alone or damaged.

Survivors of Suicide Attempts

Survivors of Suicide is a support group for those who have survived an attempt. Our hope is that none of us will feel alone in this group. We'll share how we have handled these difficult thoughts and the difficult feelings that have come up in the aftermath. Suicide attempts happen for a variety of reasons and with a wide range of severity, and all are welcome to join the discussion and get support. This group aims to let us grow and learn from this harsh experience and to learn to deal with these big and difficult emotions.

Trauma Survivors

Trauma Survivors is a place where individuals affected by trauma, past or present, can talk openly about the effects of trauma (mental or physical) without criticism or judgment. The group is facilitated by peers who have had personal experience with trauma and who can offer support for others who have been through/are going through trauma. It is a group where people can that they are not alone or damaged.

Women's Group

Women's Group is a place where women can talk openly and not feel inhibited to build community among themselves. The group will foster good conversation, a feeling of validity, improvement in self-esteem, and confidence. It will also provide a space for women to learn something about themselves.