



Group Descriptions

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. This group is limited to 8 participants, so please sign up with someone in the office.

Chair Yoga

If you have always wanted to practice Yoga, but were concerned about getting down, and coming up from the floor, worry no more. This class will introduce you to gentle poses and stretches that can be done with or without a chair.

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."

Codependency and Relationships

Codependency and Relationships is a place where we can talk openly and honestly about our struggles with developing healthy relationships. Codependency can come in many forms but is commonly recognized when an individual loses sight of their own needs and wants to the detriment of themselves and others. In this group, we come together to support one another as we discuss our past and current relationship patterns and develop ideas for positive future relationships with ourselves and others.

Creativity Corner

Join Theresa in person at the center and get your creative juices flowing! You never know what we may get into; music, art, collages, dance etc. Join in the fun!

Desserts and Coloring

Join us in person to bake/make something yummy and enjoy some quiet time coloring!

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

The purpose of this group is to act as a support system for each other. 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. 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.

Game Hour

Join us in person to play some games! Board games, card games, maybe even lawn games!

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

This 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. Sometimes, just being able to get together and play a game feels a lot better than being alone.

Jammin' in the Gym

Join us in the gym to listen to some tunes and get our bodies moving!

Karaoke

Join Keiran in person for some music and fun! Meet in the "Rolling Room", downstairs for a rocking good time!

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. Together we will be able to receive support and offer support to each other. 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

Join us for poker and dinner! For anyone who identifies as a man!

Movie Night

Join us in person for a movie and popcorn! Decide as a group what you would like to watch!

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.

Pantry Pizazz

Gain some knowledge, skills and nourishment! During this hands-on cooking lesson, we will be focusing on using items already on hand and/or in excess, from the **Keene Community Kitchen** donations!

Silver Strength

This fitness class is for everyone who wants to come and have fun, move to the music through a variety of exercises designed to increase muscle strength range of movement to improve daily activity.

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.

Tai Chi/Qigong

This class offers relaxing movements that promote increased circulation, better balance and center, peaceful state of mind.

TED Talks

Join us in person to watch a TED Talk and then have a discussion as a group about the video we watch!

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 find understanding, hope and compassion and can find that they are not alone or damaged.

Walking Group

All fitness levels welcome! It may be a walk downtown, or it could be a van ride to a local trail! Please wear sneakers and dress appropriately.

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.

Zumba

Come dance with us!!