



**MHCCI Anchor House**

19503 S. West Villages Parkway

North Port, FL 34287

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**OPEN MON-FRI 9 am to 2 pm**

## Program Descriptions

*(All groups take place in a safe and confidential environment. Our members offer each other support, friendship and understanding.)*

**Emotions Anonymous** - is a 12-step program for those seeking emotional health. Our fellowship is composed of people who come together in weekly meetings for the purpose of working toward recovery from emotional difficulties.

**Life Skills** – Life skill group sessions provide an opportunity for members to nurture their strengths and improve their weaknesses by working on self-esteem, self-control, social skills, self-advocacy, personal development, goal-setting, problem-solving, assertiveness, and household management topics.

**Healthy Living** – Group topics support members in their recovery by reinforcing healthy living habits and introducing the latest research regarding, nutrition, exercise, medical care, medication management, WRAP workbook, and CBT activities.

**Motion Matters** – This group provides members with an opportunity for physical exercise through chair exercises, stretching, dancing and also daily walks which research shows to increase mental health stability.

**Meditation** – Daily meditation to lower blood pressure, stress levels and to avoid unwanted thoughts and feelings. This is our most popular group.

**Coffee Hour** – Start your day by catching up with friends and making plans for the weekend.

**Mental Illness Support Group** – This peer support group includes the latest research on managing symptoms and negative feelings. Topics include: anxiety, depression, PTSD, OCD, BPD, bi-polar, and Schizophrenia. Peers share their personal stories and advice on living with a mental illness. Take what information that will work for you and leave the rest.

**Expressive Art** – Expressive art is an opportunity for members to express their thoughts and feelings through art. Participating members produce creative work that reflects knowledge of self and personal recovery. All skill levels are welcome.

**Computer Training** – Learn the basics of MS Office, internet browsing, email, games and more. Members are welcome to bring their phones and tablets. Computer training sessions are one-on-one.

**Women's Group** – This group is designed to provide a place for women to come together for peer support, empowerment, sharing experiences and enjoying each other. This group is designed to match member interests and needs.

**Laughter Yoga** – A peer-facilitated group with plenty of music, movement and laughter.

**Peer Mentoring** - One-on-one mentoring available.