

## What's This Course About?

This is a course for adults who struggle with anxiety, stress, depressed mood or mental illness that keep them from living the life they want. This course is designed to teach ways to live life, despite those difficult thoughts and feelings that so often hold us back.

## What Skills Will You Learn?

- ❖ What types of skills will you learn?
- ❖ To identify your values and goals.
- ❖ How to identify negative self-talk that influences your behavior.
- ❖ To identify behaviors that help you achieve your goals, and those that do not.
- ❖ Skills to tolerate difficult thoughts or feelings that you cannot change right away.
- ❖ Ways to challenge negative thinking and form more balanced thoughts.
- ❖ Problem Solving Skills
- ❖ Setting Boundaries
- ❖ Coping Skills
- ❖ Healthy Communication Techniques

## MHAF Services

The Mental Health America of Fredericksburg (MHAF) improves the mental health of our community through the following programs:

- \* HelpLine- information and help navigating the mental health system to identify community resources and providers
- \* Suicide Prevention Education- educates on the warning signs of depression/suicide and teaches how to respond and get help
- \* Senior Visitors Program- matches a trained volunteer with a lonely, isolated senior providing companionship and community connection.



# *Mental Wellness Support Group*



## **To Register Contact:**

**Mental Health America of Fredericksburg**  
2217 Princess Anne Street  
Suite 104-1  
Fredericksburg, VA 22401  
Phone: (540) 371-2704  
Email: [mhafred@mhafred.org](mailto:mhafred@mhafred.org)

## What to Expect

The course meets for 7 weekly sessions, and each session is an hour and a half. For the first 30 minutes, the presenter will give you information, discuss a specific topic, and teach you specific skills or techniques. For the second part, the presenter will lead you through exercises, worksheets, activities, or other experiential activities to help you further develop these skill(s). The last 30-minutes will be spent in group discussion, and will allow you time to ask questions, get support, and discuss how to apply what you are learning to your life.

## Community Partnership

This course is made possible by a partnership between Mental Health America of Fredericksburg (MHAF) and Remastered Consulting & Counseling, LLC

## Information

### **Next Group Session:**

Mondays TBD 6:00-7:30 pm

### **Location:**

Fredericksburg/Spotsylvania area

### **Cost:**

**There is a \$25 enrollment fee.** Adults who complete the course will receive a \$25 gift card at the final meeting.

**\*Scholarships are available.**

## Who should attend the group?

This group is open to adults who struggle with anxiety, depressed mood, stress, or other issues, who would like to make changes in their life. Because this is not a treatment group, adults who have been in intensive treatments such as in-patient programs or intensive outpatient programs must have at least 30 days between successful completion of program and applying for this course. We gladly consider adults who are currently engaged in outpatient therapy, although being in therapy is not a requirement.

## To Register:

### **1.) Contact MHAF to receive a registration packet:**

- ❖ Call (540) 371-2704
- ❖ Email MHAF at:
  - ❖ [mhafred@mhafred.org](mailto:mhafred@mhafred.org)
- ❖ Pick up packet at:  
Mental Health America of  
Fredericksburg  
2217 Princess Anne Street,  
Suite 104-1  
Fredericksburg, VA 22401

### **2.) Complete the following forms in the registration packet:**

- ❖ Adult Consent Form
- ❖ Adult Registration Form

### **3.) Return the packet to MHAF.**

We will contact you to confirm enrollment and to provide additional details.

**Please note, this group operates on a first come, first served basis and space is limited to 8 members.**

**Registration is required.**