

Willow Wellness and Recovery

Program Group Therapy Schedule | Fall 2015

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*If groups are cancelled due to inclement weather, this information will be available on our facebook page. *

TUESDAYS | 6-7pm | **Skills Essential to Recovery** with Eric Davis, LPCA

This is an excellent group for both those new to recovery as well as those in later stages interested in sharing their knowledge and personal experiences. The focus of this group is building a strong foundation for health and recovery, and is often a mixture of education, support, and practical skills. It draws heavily upon concepts from *Seeking Safety* and Dialectical Behavior Therapy.

WEDNESDAYS | 6-7pm | **Cultivating Recovery** with Kim Skelton, LPC, LCAS

This resiliency-based group consists of education, support and positive psychology exercises aimed at building human strengths. Positive psychology views the “good life” as a combination of three things - connection to others, positive individual traits and life regulation qualities. The group covers topics such as motivation, mindfulness, relationships, creativity, well-being across the lifespan, religion and spirituality. This group is ideal for those in middle to late recovery but is open to everyone in the program.

FIRST THURSDAYS | 6-7pm | **Rebuilding Bridges Multi-Family Group**

1st Thursday of every month with Kim Skelton, LPC, LCAS and/or Eric Davis, LPCA

The guiding principle of this monthly group is to involving clients’ support systems in treatment. It is open to clients and their supportive family and friends. Each group will present a recovery-related topic for discussion. This group is best suited for those ages 16 and up and is good for all stages of recovery.

SATURDAYS | 10-11am | **Mindful Recovery** with Kim Skelton, LPC, LCAS and/or Eric Davis, LPCA

This group uses mindfulness to develop a recovery lifestyle. Groups are built around the Ten Doorways of Mindful Recovery from *Mindful Recovery*, *Mindfulness and the 12-Steps*, and *The Mindfulness Workbook for Addiction and Refuge Recovery*. Each group explores how mindfulness can be used to develop greater self-understanding and acceptance. This group is good for all stages of recovery.

OTHER SUPPORT GROUPS IN THE COMMUNITY

SMART Recovery | Thursdays at 6pm at Grace Episcopal Church | 871 Merrimon Avenue, Asheville, NC 28804

SMART Recovery supports individuals who desire to abstain or are considering abstinence from any substance or activity addiction. This program incorporates tools based on evidence-based addiction treatments, including cognitive behavioral therapy and motivational interviewing.

Women for Sobriety | Thursdays 6:30-8pm at the YWCA | 185 S French Broad Ave., Asheville, NC 28801

“WFS is a self-help Program for women with problems of addiction. It is the first and only self-help Program for women only and its precepts take into account the very special problems women have in recovery – the need for feelings of self-value and self-worth, and the need to expatiate feelings of guilt and humiliation.”

Local 12-Step Meetings

<http://www.ashevilleaa.org/> or <http://wncna.org/meetings/>