



a united way agency

"We Put the Human in Being."

## Open Drop-In Groups for Adults:

### Winter 2016

#### CoEd Yoga Class

Join other men and women seeking relaxation and stress relief for mind-body wellness. No experience is necessary & yoga mats are available to borrow.

Contact: *Martha Steuding, Ext. 109*

Location: *Clifford Beers Center, Library*

**Mondays 1:00pm - 2:00pm**

#### Coping with Anxiety & Depression

This professionally led group offers mindfulness based techniques for coping with anxiety and/or depression. The group provides participants with a space to process experiences & to practice a range of mindfulness based coping strategies.

Facilitated By: *Linda Tammany, LCSW-R, Ext. 113*

Location: *Clifford Beers Center, Conference Room*

**Wednesdays 3:00pm - 4:00pm**

#### Live For Today

*(Offered In Partnership with PEOPLE Inc.)*

This peer led group is an opportunity to break the silence, isolation & stigma about having thoughts of suicide. The focus will be on sharing experiences in a safe space, to support life.

Facilitated By: *Denise Ranaghan, LMHC, Ext. 107*

& *Carrie Ruby-Geiger (845) 331-4965, Ext. 117*

Location: *Clifford Beers Center, Lounge*

**Mondays 6:00pm - 7:00pm**

#### Women's Yoga Class

Join other women to practice mindfulness & a variety of breathing, stretching, & relaxation techniques.

Contact: *Martha Steuding, Ext. 109*

Location: *Clifford Beers Center, Library*

**Wednesdays 1:00pm - 2:00pm**

#### N.A.M.I. Family Support Group

*(National Alliance on Mental Illness)*

This peer led group is for family members of adults with mental illness. Guest speakers present monthly.

Facilitated By: *Sue Ulrich, (845) 657-8314*

Location: *Clifford Beers Center, Wellness Center*

**1st & 3rd Mondays of the Month 6:00pm - 7:30pm**

#### Voices & Choices

This peer led group is for individuals who hear voices, or have altered sensory experiences, to share strategies for exploring, coping & understanding.

Facilitated By: *Denise Ranaghan, LMHC, Ext. 107*

Location: *Clifford Beers Center, Conference Room*

**Fridays 3:00pm - 4:00pm**

#### Wellness for Women

This professionally led group promotes personal growth and empowerment with topics ranging from boundaries & relationships to nutrition & relaxation.

Facilitated By: *Linda Tammany, LCSW-R, Ext. 113*

Location: *Clifford Beers Center, Conference Room*

**Tuesdays 11:00am - 12:00pm**

**These Open Drop-In Groups for Adults Do Not Require Pre-Registration.**

**Join Us At MHA's Clifford Beers Center, 300 Aaron Court in Kingston.**

**All of these Open Drop-In Groups are Free, Ongoing, Confidential & Open to the Adult Public.**

*Groups do not meet on Federal Holidays. This information was updated on January 5, 2016.*

*Please call (845) 339-9090 to confirm this schedule or view MHA's Calendar of Events at [www.MHAINUlster.com](http://www.MHAINUlster.com)*