***RCC Zoom Group Descriptions***

***Fall River/New Bedford & Quincy Schedule 2021***

**Monday’s:**

**Peer Support:** Open discussion; Peers are free to talk about anything they’re experiencing or feeling.

**Meditation:** We offer an array of different types of meditations. Some meditation meetings will also discuss them afterward.

**Rockin’ Recovery-** A rockin’ blend of music and discussion. We play feeling-provoking music then share our thoughts on each song.

**Stress Relief:** A deep dive into life’s stressors and how to successfully manage them. We also look at the physical, mental, and emotional toll stress can cause.

**Ripping off the Labels:** Most of us have been diagnosed or LABELED at some point throughout our lives; In this group we talk about those many labels and break down any stigma or concern attached to them.

**DRA (Dual Recovery Anonymous):** A wonderful 12 step fellowship that gives us the opportunity to discuss both our addictions and our mental health

**Open Discussion:** Similar to Peer Support; If there are not specific things peers would like to discuss, the group facilitator will choose various topics

**Compulsive Behaviors:** Any action or thought that we partake in persistently and repetitively can cause us some, or great, distress. Here we discuss those things and share what has helped us.

**Mind & Body Wellness:** Want to improve your overall wellness? Join us as we discuss all the amazing things we can do to improve our minds & bodies.

**Tuesday’s-**

**N.A- Just for Today (Narcotics Anonymous):** A 12 step fellowship for people who use substances. We read the daily meditation out of the “Just for Today” book that N.A has published.

**LGBTQ Support:** An inclusive and powerful meeting for anyone who identifies as LGBTQ+ All are welcome & supported!

**Talkin’ Safely; Depression, Loneliness, & Suicidal Thoughts:** A difficult but necessary discussion on the harder feelings and emotions we experience. You are NOT alone!

**Anger & Self Control:** Do you find yourself snapping throughout the day? Has anger consumed you and don’t know how to deal with it appropriately? Check out the techniques we discuss that have helped others who’ve experienced the same things.

**Grief & Loss:** The hole that is left in our hearts when we lose someone we love is excruciating. And although nothing will bring them back, we’ve found that it does help to keep them alive in our thoughts and minds together!

**Woman’s Table Talk:** Closed group for women to discuss women things! Shh! Don’t tell the men! **😊**

**Talking Trauma:** Whether you’ve been labeled w/ PTSD or not, we all have faced traumatic events in our lives. Here we share our traumas comfortably, we support each other, and we listen to the journey’s others have taken to move towards wellness.

**DBT (Negative Thinking):** This group is not an actual DBT (Dialectical Behavioral Therapy) session. We simply discuss our personal experiences with DBT and the power of negative/positive thinking.

**Wednesday’s-**

**DRA (Dual Recovery Anonymous):** A wonderful 12 step fellowship that gives us the opportunity to discuss both our addictions and our mental health

**Morning Mania:** A light-hearted group for those of us morning folk looking to begin our day off right!

**F.E.A.R:** Acronym for “Face Everything And Recover” or “Fear Everything And Run.” Fear can cripple us or motivate us. Which do you relate to today?

**Coping Strategies & Meditation:** Using the “share screen” option, we show you various videos and techniques to help us cope throughout daily life challenges.

**Rehabilitation:** This group had begun as a group for those that are out on parole but has since morphed to include anyone that has ever experienced any transition from an inpatient, jail, program, or institutional setting.

**Fighting Codependency:** Some of us have had or currently have codependent relationships which typically cause more harm than good. Here, we take a hard look at those relationships, and discuss how to fight to improve on it.

**F.A.I.T.H; Fully Anticipating It To Happen:** Faith in ourselves and our abilities! A broad look at our own faith, whether we struggle to have it or not.

**Temptation & Cravings:** Who doesn’t have temptation and/or cravings for something that they know they shouldn’t or should have in moderation? We are with you! Let’s fight them together!

**Life Goals & Career Choices:** This group is facilitated by a man who passed the bar for lawyers. He is running this group to help others figure out their goals and help create a plan to achieve those goals!

**Wellness**: Let’s strive together towards our overall wellness goals!

**Thursday’s-**

**N.A- Just for Today (Narcotics Anonymous):** A 12 step fellowship for people who use substances. We read the daily meditation out of the “Just for Today” book that N.A has published.

**Written Expression:** Do you love to write? Whether you consider yourself to have the skills of an author or just enjoy expressing yourself through written word, join us as we pull up various poems, words, and stories, then write our own thoughts on each topic. You are free to share what you’ve written or keep it to yourself!

**Life After Trauma:** Trauma can stay with us for years, sometimes decades. It is important to know that there is life *AFTER* trauma. We safely discuss what that process was/is for us.

**Addictions A-Z:** Many people assume we can only get addicted to drugs or alcohol. This group is an open forum to discuss the many things we can be addicted to without judgement.

**Letting Go:** Letting go of people, places, and things can feel like torture! If you have ever experienced this, you know what we are talking about. Come discuss it with us and help others still feeling the pain of having to do it!

**DRA (Dual Recovery Anonymous):** A wonderful 12 step fellowship that gives us the opportunity to discuss both our addictions and our mental health

**Peer Support:** Open discussion; Peers are free to talk about anything they’re experiencing or feeling.

**Warning Signs & Red Flags:** If you are anything like us, we have seen more red flags than a bull, yet have still plowed ahead against our better judgement. How can we recognize those warning signs faster, and learn to trust our own instincts more? Join us as we discuss it.

**Wellness:** Want to improve your overall wellness? Join us as we discuss all the amazing things we can do to improve our minds & bodies.

**DBT (Negative Thinking):** This group is not an actual DBT (Dialectical Behavioral Therapy) session. We simply discuss our personal experiences with DBT and the power of negative/positive thinking.

**Friday’s-**

**Talkin’ Openly:** A twist on our “open discussion” groups; This group allows for a more in-depth discussion into various problems and situations in our lives.

**DRA (Dual Recovery Anonymous):** A wonderful 12 step fellowship that gives us the opportunity to discuss both our addictions and our mental health

**Games Group:** Come have some fun as we play an assortment of exciting games. We utilize the shared screen option in zoom so you can see as you play along.

**Name That Tune & Trivia:** Light-hearted and interactive! Nothing like some brainteasers and laughs to lighten your day.

 **The Book Club:** Do you love to read? Each week we discuss what book we’re reading, what’s happening in it now, and share our favorites.

**Shifting Moods:** If you experience ups & downs, highs & lows, and everything in-between, then join us as we discuss every rollercoaster-ride we experience.

**Art Therapy:** An amazing way of utilizing our art skills to express our thoughts and feelings we experience.

**N.A; No Fried-Days:** A Narcotics Anonymous topic meeting which is a 12-step fellowship for people use substances.

**Dinner Club:** Join us to have dinner or a snack together. Due to the pandemic and the restrictions on going out to eat, we’ve created a virtual experience, so you don’t have to eat alone. Come have some laughs and some good food (unless you cook bad, then you can’t blame us ha-ha).

**Woman’s DRA:** The FIRST Dual Recovery Anonymous meeting that is only for women! We are extremely excited to offer this.

**TAY Tonight:** A closed meeting for 17-30-year-old’s only! This can be a challenging age & we want to be there with you to discuss anything that you might not feel comfortable discussing with others. This group can also be full of laughter and fun, you decide each week!

**Saturday’s-**

**DRA (Dual Recovery Anonymous):** A wonderful 12 step fellowship that gives us the opportunity to discuss both our addictions and our mental health

**Peer Support:** Open discussion; Peers are free to talk about anything they’re experiencing or feeling.

**Going Deep; Self-harm & Coping:** A look at why we have self-harmed in the past, and how we can find & utilize better coping skills in the future. Obviously, this can be a sensitive topic, and it is important to note that you are free to discuss anything, we just ask that you try to avoid using graphic details.

**Sunday’s-**

**Recovery 4 All:** Whether you are addicted to drugs, alcohol, gambling, sex, gaming, work, or you’re the supporter of someone who is, ALL are welcome to attend this meeting. The hope is that we can heal together!

**ALL OF OUR ZOOM GROUPS USE MEETING ID: 496 068 0998**

**You can join directly from our webpage at SoutheastRLC.org and click on the Fall River or Quincy tabs**