

# PPI Support Groups

## DANIELSON

Your road to  
wellness!



**Topics in Mental Health** Mondays 4:15pm-5:15pm. An interactive group to learn about, share, and discuss a variety of topics related to mental health and well-being.

**Coping with Stress & Anxiety** Mondays 5:30pm-6:30pm. Learn about and incorporate a mindfulness practice into daily life to help manage symptoms of stress and anxiety.

**Creative Art Therapy** Tuesdays 11:00am-12:00pm. Explore and observe emotions through the creative process of making art.

**Therapeutic Yoga** 1st Tuesday each month 3:15pm-4:15pm. This is a beginner-friendly yoga class to practice intention setting, stress management, and relaxation.

**Coping Skills for Teens** Tuesdays 4:30pm-5:30pm. For ages 14-17, learn about mental health, identify and manage triggers, and learn about healthy coping skills.

**Relapse Prevention** Wednesdays 4:15pm-5:15pm. Identify and prevent high-risk situations, learn skills to address cravings and triggers, and develop tools to establish and maintain sobriety.

**Tackling Trauma** Wednesdays 5:30pm-6:30pm. Foster resilience, learn about the effects of trauma and PTSD, identify triggers, and develop skills to cope with those triggers.

**Interpersonal & Mental Wellness** Thursdays 4:15pm-5:15pm. Learn the essential tools needed to improve mental well-being, as well as help develop necessary interpersonal and social skills.

**Early Recovery** Thursdays 5:30pm-6:30pm. For those who are new to their recovery journey and looking for support amongst their peers.

**For more information, call: 860.779.5852**

All groups held in-person at:  
**Perception Programs, Inc**  
**Behavioral Health Center**  
**13 Water Street | Danielson, CT**



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