



# RECOVERY IN ACTION

Learn • Grow • Recover

## MESA COUNTY SUPPORT GROUPS & EDUCATION

Support and Education for Families of Adults With a Mental Health Diagnosis

For information on the following support groups/classes please contact Janice ([jcurtis@MindSpringsHealth.org](mailto:jcurtis@MindSpringsHealth.org)) or 970.241.6023 ext. 7390

### LOCATIONS ARE COLOR CODED

**Blue** = Mind Springs Health Campus, 515 28 3/4 Rd. **Orange** = Wells Fargo Bank Building, 2808 North Ave. **ALL CLASSES ARE FREE**

**ADDITIONAL SUPPORT** (Mondays 10:30 am - Noon, Tuesdays & Wednesdays 3 - 4:30 pm, Thursdays & Fridays 2 - 3:30 pm at Wells Fargo Bank, 2808 North Ave.)

Additional Support is for people who are having a hard time. First come first served.

**ALTERNATIVES TO SUICIDE** (Wednesdays 2 - 3 pm at Wells Fargo Bank, 2808 North Ave.)

This class is for people who struggle with suicidal thinking. [www.suicideanonymous.net](http://www.suicideanonymous.net)

**ANXIETY & STRESS REDUCTION SUPPORT/EDUCATION** (Wednesdays 1 - 2 pm at Wells Fargo Bank, 2808 North Ave.)

We all deal with anxiety and stress in today's world. We are currently working with the *Anxiety and Stress Reduction Workbook*. We also demonstrate different skills/ideas to reduce our stress and anxiety.

**ART & MUSIC GROUP**

(Tuesdays 11:30 am - 1 pm, at Mind Springs Health, Rm 138)

We will use the many benefits of art and music to enrich our lives.

**COPING SKILLS FOR LIFE**

(Tuesdays 2 - 3 pm, at Wells Fargo Bank, 2808 North Ave.)

This class is to teach how to strengthen and develop a sense of personal control. You will become more optimistic, practical and flexible and happy.

**DBSA (DEPRESSION & BIPOLAR SUPPORT ALLIANCE)**

(Fourth Monday of each month, 6 - 7 pm at Mind Springs Health, Bldg A, North Lobby)

Peer led, self-help support group, for those dealing with the challenges of depression or bipolar disorder.

**DBSA PARENT GROUP** (Fourth Tuesday of each month, 5:30 - 6:30 pm at Mind Springs Health, Bldg A.)

The DBSA Parent Support group is for all parents who need additional support in raising their kids, regardless of whether or not the kids and/or parents have a diagnosis.

**DBSA YOUTH (DEPRESSION & BIPOLAR SUPPORT ALLIANCE)**

(Third Thursday of each month 6 - 7 pm at Mind Springs Health, Bldg. A)

Specifically for youth 15 to 25, Youth Peers offer support and address the challenges of depression or bipolar disorder.

**DEPRESSION/BIPOLAR GROUP** (Tuesdays 1 - 2 pm (FULL) and Fridays 11am - Noon at Wells Fargo Bank, 2808 North Ave.)

Depression/Bipolar group will focus on what skills can be effectively used to deal with the symptoms you experience.

**DHS PARENT SUPPORT GROUP**

(Thursdays 1 - 2 pm at Mind Springs Health, Bldg A)

This is a group for families who have a child in DHS custody. In addition to support, there will be education on the many areas that impact your family.

**EMOTIONS GROUP**

(Mondays 1 - 2 pm at Wells Fargo Bank, 2808 North Ave.)

This group uses the 12 steps of Emotions Anonymous, which is similar to Alcoholics Anonymous. The group deals with proven methods of gaining greater control over our emotions.

**EXPLORING SPIRITUALITY**

(Wednesdays 11 am - Noon at Wells Fargo Bank, 2808 North Ave.)

We focus on the teachings of self-help and spirituality gurus Dr. Wayne Dyer and Louise Hay. We will also be using and discussing affirmations, prayer, meditation and mindfulness as avenues to improving our recovery skills and increasing the joy and happiness in our lives.

**EXTREME BEHAVIORAL SUPPORT GROUP** (Tuesdays 11 am - Noon and second Tuesday of each month at 6 pm at Mind Springs Health, Bldg A) If your child or youth is prone to extreme behaviors, join other families and caretakers for some assistance in dealing with them.

**GRANDPARENT/KIN SUPPORT GROUP**

(Tuesdays 10 - 11 am at Mind Springs Health, Bldg. A)

Raising our grandchildren can be a challenge. Others experience similar stress. Come share and be supported.

**HEALING A GRIEVING HEART**

(Thursdays 11 am - Noon at Wells Fargo Bank, 2808 North Ave.)

This group examines various aspects of grief with a focus on healing. We will share books and other resources written by others who have walked a similar path of moving through grief.

**HEARING VOICES**

(Wednesdays Noon - 1 pm, at Wells Fargo Bank, 2808 North Ave.)

A safe and non-judgmental place where people who hear voices can share their experiences and gain coping skills.

**LIFE AFTER TRAUMA**

(Fridays 1 - 2 pm at Wells Fargo Bank, 2808 North Ave.)

This group is currently working from the book *Life After Trauma*. The key word here is "after." Because of trauma(s) we may have developed some unhealthy habits to deal with life. We will not revisit the trauma(s), just the behaviors and habits associated with them.

**THE LISTENING PEER**

(Tuesdays 11 am - Noon at Wells Fargo Bank, 2808 North Ave. and

Saturdays 1 - 2 pm at Mind Springs Health, Bldg A, South door)

The Listening Peer is a place to go when you need to be listened to, if you are worried, frustrated, depressed, etc., and really need to be heard.

**LOVE & LOGIC PARENTING CLASSES** (Contact Laura at 970.683.7076 for information on upcoming Love and Logic classes.)

Classes rotate between groups for ages 0 to 6 and ages 6 to 18.

**MEDITATION GROUP**

(Thursdays Noon - 1 pm at Wells Fargo Bank, 2808 North Ave.)

This group will focus on the techniques and uses of meditation and how to apply it to our lives.

**PARENT SUPPORT GROUP**

Wednesdays 10 - 11 am at Mind Springs Health, Bldg. A)

Resources, encouragement and somewhere to vent or help with parenting a difficult child.

**PEER SUPPORT GROUP**

(Mondays 2 - 3 pm at Wells Fargo Bank, 2808 North Ave.)

This is a place to share your week, then give and receive support. We talk about what's going on with us and try to find answers to issues we may be experiencing. We also share resources.

**PTSD - POST TRAUMATIC STRESS DISORDER**

(Wednesdays 10 - 11 am at Wells Fargo Bank, 2808 North Ave.)

This group will focus on how to improve your skills to better deal with your Post Traumatic Stress Disorder (PTSD).

**RADICAL ACCEPTANCE**

(Thursdays 10 - 11 am at Wells Fargo Bank, 2808 North Ave.)

Radical acceptance is the accepting of life on its own terms and finding effective strategies to cope with whatever is happening.

**SELF-ESTEEM** (Thursdays 1 - 2 pm (FULL)

and Tues. 10 - 11 am at Wells Fargo Bank, 2808 North Ave.)

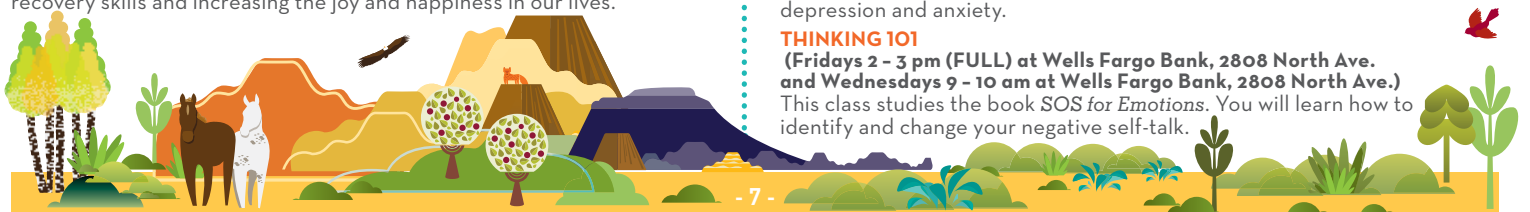
Learn ways to increase your self-esteem while reducing symptoms of depression and anxiety.

**THINKING 101**

(Fridays 2 - 3 pm (FULL) at Wells Fargo Bank, 2808 North Ave.

and Wednesdays 9 - 10 am at Wells Fargo Bank, 2808 North Ave.)

This class studies the book *SOS for Emotions*. You will learn how to identify and change your negative self-talk.



## Mind Springs Health & West Springs Hospital Office Locations and Numbers

### ASPEN

0405 Castle Creek Road, Suite 207  
**970.920.5555**

### CRAIG

439 Breeze Street, Suite 200  
**970.824.6541**

### EAGLE

137 Howard Street  
**970.328.6969**

### FRISCO

360 Peak One Dr., Suite 110  
**970.668.3478**

### GLENWOOD SPRINGS

6916 Highway 82  
**970.945.2583**

### GRANBY

480 E. Agate Avenue  
**970.887.2179**

### GRAND JUNCTION OUTPATIENT

515 28<sup>3</sup>/<sub>4</sub> Road  
**970.241.6023**

### WEST SPRINGS HOSPITAL

515 28<sup>3</sup>/<sub>4</sub> Road  
**970.263.4918**

### OASIS CLUBHOUSE

450 Ouray Avenue  
**970.241.6099**

### TRANSITIONS

515 28<sup>3</sup>/<sub>4</sub> Road  
**970.263.9535**

### WOMEN'S RECOVERY CENTER

2800 Riverside Parkway  
Bldg. 2  
**970.245.4213**

### MEEKER

267 6th Street  
**970.878.5112**

### RANGELY

17497 West Highway 64  
**970.675.8411**

### RIFLE

796 Megan Avenue, Suite 300  
**970.625.3582**

### STEAMBOAT SPRINGS

407 South Lincoln Avenue  
**970.879.2141**

### VAIL

395 East Lionshead Circle  
**970.476.0930**

### WALDEN

350 McKinley Street  
**970.723.0055**

**24/7 CRISIS PHONE NUMBER FOR ALL 10 COUNTIES**  
**888.207.4004**

**Jenni Stansberry – Patient Representative and Client Advocate 1.866.470.5928**

**MindSpringsHealth.org**

