

Adult Support Groups for Mental Health and Substance Abuse Services

If you are interested in participating in one of the following groups and are currently receiving services with the Alexandria Community Services Board (CSB), please speak to your service coordinator or other provider about referral to the group. If you are not currently receiving services at the Alexandria CSB, call Intake at 703-838-6400 and request an assessment appointment to see which services would be most helpful to you.

Mental Health Groups

Anger Management

The Anger Management Group addresses topics such as:

- Anger management techniques
- Understanding cues and events that lead to anger
- Changing the aggression cycle
- Cognitive restructuring: The A-B-C-D Model and “Thought Stopping”
- Assertiveness training
- Anger and the family
- Alternatives for expressing anger

Dialectical Behavior Therapy

DBT is for anyone who has problems with distress tolerance, emotion regulation or interpersonal effectiveness. DBT is also for people who have a history of suicide attempts, suicidal thinking or engage in intentional self harm. The Goal of DBT is to create a “Life Worth Living.” DBT has four modules:

- Core Mindfulness - teaches the skill of focusing your minds attention to what you want to pay attention to.
- Distress Tolerance - teaches skills in crisis management so you can tolerate difficult situations more effectively.
- Emotion Regulation - teaches skills to help reduce frequent and intense swings in emotional states.
- Interpersonal Effectiveness - teaches skills on how to develop and maintain healthy relationships.

Women’s Empowerment and Recovery Group

This group is for Latinas who are bilingual or speak only Spanish and feel sad, depressed,

angry or empty. They may experience symptoms such as constant distress, tension or feeling disconnected from the body. They may have been hospitalized and may be taking medications. This group will help women:

- Learn how the emotional, physical and sexual abuse they experienced in the past is connected to the way they feel and act in the present.
- Learn basic self-regulation, limit setting and communication skills.
- Develop skills in assertiveness, self-advocacy, self-management and successful relationship building.
- Develop a positive self-esteem.

Grupo Saber es Poder- Trauma Recovery Group for Latina Women

Este grupo es para mujeres latinas que han pasado por una experiencia traumática y se sienten tristes, deprimidas, enojadas o vacías. Algunas toman medicinas o han sido hospitalizadas. A veces se sienten desconectadas de sus cuerpos y se sienten tensas y alteradas. En este grupo se puede:

- Aprender como el abuso emocional, físico y sexual, sea del pasado o del presente, esta relacionado a la manera que se siente una y como actúa en el presente.
- Aprender a utilizar destrezas básicas de auto-regulación, como tener límites y comunicación.
- Aprender a ser asertiva y defender tus derechos y poder establecer relaciones que le favorezcan.
- Desarrollar una imagen positiva de si misma.

Men's Group

The Men's Group is a counseling and support group for men living with a mental illness who would like a place to laugh, learn and talk about relationships, sex, work, family issues and health issues.

Mixed Adult Group

The Mixed Adult Group is a therapy group for persons who:

- Are depressed, lonely and disconnected from others
- Need support with current problems and issues
- Need a safe environment to work on improving social skills and interpersonal relationships
- Would benefit from receiving feedback from their peers and offering feedback to others

- Need a place to practice what they have learned in therapy
- Need an alternative to individual therapy

Real Women Real Lives

Real Women Real Lives is a group of women who share similar experiences with the hopes of finding mutual understanding, encouragement, challenges, guidance and support. Weekly discussions about the real issues that so many women face today include:

Relationships	Body-Image	Self-care
Health/Aging	Family Dynamics/Parenting	Assertiveness
Self-Esteem	Anxiety, Depression	Challenging Emotions

Women's Trauma Recovery Group

The Women's Trauma Recovery Group is for females over age 18 that have a history of emotional, physical or sexual abuse. The group provides skills and exercises for empowerment, helps define abuse and the effects on the mind and body and provides a healing community in which to recover and grow.