

BRIDGING RECOVERY MENTAL HEALTH SUPPORT GROUP THURSDAY EVENINGS @ 5:30 PM @ BUTLER CUBS



The purpose of this group is to bring a sense of sharing and hope to others that are struggling within their mental health recovery. One common need and concern that has not been addressed within the community is the need for a support group and one that is tailored to be designed to help one another. This group has no agency affiliation and was created and executed on the intentions that it will be peer driven. The group has guiding rules that are mentioned at the beginning of every meeting and were collectively arranged by the group members. The only requirement of participation is the desire to make change in life, regardless of who you are and what walk of life you come from. Everyone should be heard and should have a chance at change while understanding that change is possible.

Group Rules:

- Welcoming and rules being read:
- No crosstalking.
- Keep sharing to a minimum of 5 minutes.
(Exceptions can be made.)
- Be respectful and mindful.
- Everyone is allowed to have a bad day.
- Vegas Rule applies (what is said here, stays here; full anonymity).
- Share what you would like and avoid your triggers.

Group Agenda:

1. The group will open with a group check-in consisting of your preferred name, your gender pronouns, how you are feeling today and who you will lean on for support.
2. After check-in is complete, it will be asked if anyone is in need of immediate support.
3. Once completed, the group will collectively come up with two or more topics for discussion while remaining on topic.
4. Once there are five minutes left, this time will be allotted for any final thoughts.
5. The group will then conclude.

113 S. McKean St, Butler, PA 16001