

October 2018 Adult Class Information

Monday 6:30P-8:00P (Class held at Highlands Rd. office)

Love and Logic For Healthy Relationships

This class helps individuals learn effective strategies for limiting power struggles and conflict in different kinds of relationships. Some core principles and tools targeted in this class include personal responsibility, empowerment, decision making, effective communication, and setting and maintaining healthy boundaries. This class may satisfy DSS and other legal requirements. Please consult with your DSS worker or legal advisor and our Macon County Office to ensure appropriate assessment and interventions can be completed per your case plan requirements.

Tuesday Classes at the Macon County Library Conference Room #1

10:30A-12:00P

Mentoring in Recovery

This class helps individuals learn ways to promote own recovery while supporting others' recovery as well. Often parents, co-workers, spouses, neighbors, and friends in recovery find themselves helping others with recovery needs and desire tools and strategies for their own recovery as well as tools to mentor others. Some topics covered in this class include self care, effective communication, setting and maintaining healthy boundaries, co-dependence, and community resources.

12:30P-1:45P

Self Compassion

This class explores the 3 components to self compassion including mindfulness, self kindness, and shared humanity. Some topics include coping with shame and guilt, increasing self esteem, promoting self image and positive self talk, and mastering mindfulness,

Class Information Continued

Thursday Classes at the Macon County Library Conference Room #1

10:30A-12:00P

Bring it to the Table

This class is an open topic/open discussion forum where individuals can bring topics of interest and/or learning needs to the class and receive tools and support that promote their behavioral health recovery. Some topics and skill building may include chronic pain management, PTSD recovery, stress management, overcoming grief and loss, and managing difficult relationships.

12:30P-1:45P

Recovery Discovery

This class is designed for individuals who have struggled with drug and alcohol experiences and seeking ways to reduce or quit their use of alcohol and/or other drugs. Topics covered include informed decision making, addiction education, preparing for the change, and increasing coping skills to help manage a variety of factors that influence continued use. This class may satisfy some DSS or other legally ordered requirements and we ask that you consult with your DSS or other legal representative as well as our Macon County Office to ensure that the appropriate assessment and interventions are delivered.

During each month, members are invited to identify future class topics. As always, members participate in their own way whether they choose to listen, be attentive, and remain silent, or share with each other as comfortable and conducive to a safe learning environment.

Please call or visit our Macon County office to obtain the most current class schedule as class schedule and location may be subject to change in the future.