



# Behavioral Health Wellness Clinic

Alaska Native Tribal Health Consortium

The BHWC offers a variety of group counseling options that you can access from the convenience of your personal computer or smart phone. To register for our groups and for more information on services we provide, call us at (907) 729-2492 or visit our website: [www.anthc.org/bhwc](http://www.anthc.org/bhwc)

## Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	9am-9:50am Anxiety, Depression & Stress	9am-9:30am Everyday Mindfulness	9am-9:50am Anxiety, Depression & Stress	
12noon-12:30pm Everyday Mindfulness		12noon-12:50pm Anxiety, Depression & Stress	12noon-12:50pm Trauma Recovery and Empowerment	12noon-12:30pm Everyday Mindfulness
4-4:50pm Healthy Relationships	4-5:30pm Healing Complicated Grief	4-4:50pm Living in Balance	4-4:50pm Grief, Loss, and Bereavement	

## Group Descriptions

### Living in Balance

This group focuses on identifying relapse triggers, building prevention skills, and addressing issues that come with early recovery. You will learn to identify situations that trigger cravings and pinpoint decisions that lead to using. You will also develop strategies you can immediately implement for engaging a meaningful life without alcohol and drugs.

### Healthy Relationships

This group provides you with skills to have a healthy romantic relationship. You will work on exercises and skills related to your: values and responsibilities, social skills, decision making abilities, refusal skills, setting and attaining goals, hygiene and self-care, and sexual health.

### Healing Complicated Grief

Complicated grief is persistent and unrelenting grief that interferes with a person's life, affecting their daily functioning, relationships, ability to work, and finding meaning in life after the death of a loved one.

This provider-led group is offered as a series of 12 weekly sessions for those experiencing complicated grief. In a supportive setting, participants identify their "stuck" points, learn strategies to address them, and practice activities to help adjust to their loss. Group members benefit from listening, sharing their experiences (to the extent they are comfortable), and being with others who are also experiencing complicated grief. The content in each session builds off prior sessions in the sequence.

BHWC staff will meet with those interested in participating to ensure the best fit for their current situation and grief.

### Grief, Loss, and Bereavement

This drop-in group offers you support following the death of a loved one. In a supportive setting, you will engage in both listening and sharing to the extent you are comfortable. Each session will provide space to process loss, learn about skills for coping, and set grief aside for small amounts of time to focus on self-care activities.

### Anxiety, Depression, and Stress

This group provides you with practical skills and techniques for addressing symptoms of anxiety, depression, and stress. You will be engaged in activities that help identify patterns in your thoughts and behaviors as well as meaningful ways to increase your well-being.

### Everyday Mindfulness

This group engages you in a variety of mindfulness exercises at each session. Exercises include meditation, guided imagery, breathing methods, and other practices to help relax the body and mind, reduce stress, and improve well-being. You will learn how to focus on what you are sensing in the moment without judgment as well as techniques to bring relief to symptoms you are experiencing.

### Trauma Recovery and Empowerment

This group helps you work towards safety in your life, letting go of dangerous relationships, feeling control of your trauma and substance use symptoms, and discontinuing your substance use. You are not required to recount specific traumas. The emphasis of this group is on teaching and practicing skills that you can use right away to address symptoms of trauma and substance use.