

## Groups



At Step By Step, staff members facilitate a number of groups including those that are developed in-house and those that have been found effective in the literature (such as DBT and mindfulness groups). Some types of groups that staff members facilitate are support groups, used to help members cope with life stressors by developing coping skills; educational groups, which provide members with learning experiences of themselves and their greater environment; growth groups, which include stress management and fostering self-improvement and self-awareness, and socialization groups, which provide a space for interpersonal communication and skill building. These groups are developed and/or facilitated to meet client needs within the SBS community.

### Recent Groups Include:

Give Back Group	Peer Led Support Group	To Do or Not to Do Group
Social Emotional Learning	Mindfulness between the folds	Breaking the Ice
Telling Your Story	Telling Your Truth	Social Skills Group
Pathway to Poetry	Heartbeat Connection	The Write Idea
Women's Group	Goals Group	Maximizing & Accessing Your Potential
Men's Group	Creative Expressions	

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