

Group Meeting Categories

General Groups: Include both peers and supporters. General groups are open to anyone 18 and over experiencing signs and symptoms of or diagnosed with a mood disorder.

Supporter Groups: We welcome caregivers, family and friends to our general groups. However the supporter group is specifically geared to providing support for the supporters.

Young Adult Groups: Groups geared to adults 18 to 30 years.

Adolescent Groups: Groups for 13 to 17 years old.

Private Groups: Private groups are not open to the general public. These groups are only open to those being served by the sponsoring organization.

Dual Diagnosis Groups: Include individuals who are experiencing signs and symptoms of or diagnosed with a mood disorder and co-occurring substance use disorder.

WRAP® (Wellness Recover Action Plan) Support Groups: WRAP® for Life helps guide people who want to address any circumstance, or issue that is interfering with their quality of life. WRAP is an evidence-based, structured system for monitoring, reducing and eliminating uncomfortable and distressing feelings and behaviors and, through planned responses, reducing, modifying or eliminating them.