

Start Date	Group Name	Facilitator Name	Member ID	What did you learn by attending the group? What do you like about the group?	What did you not like about the group? What can be improved?	What would you like to learn or do in this class/group?	What subject would you like to have a speaker discuss in the future?	Does this group start and end on time?	If not, please explain.	Other comments?	Overall I enjoyed this group. (Please choose one)	I will attend this group again. (Please choose one)	Staff Comments
3/26/2021	DBSA	Alex	5885	I learned that there are different ways to cope. I like that you take turn talking about yourself.	There was not anything I did not like. There is not anything to be improved.	There is anything at all.	There is no subject right now	Yes			Strongly Agree	Strongly Agree	
3/26/2021	Social Hour	Alex	6032	We talked about exercising and about childhood.	I like this group.	Na	Na	Yes			Strongly Agree	Strongly Agree	
3/30/2021	DBSA	Alex	5912	Able to just appreciate what we liked in the morning.	Nothing in Particular	not sure	Not sure	Yes	starts and end on time	No	Strongly Agree	Strongly Agree	
4/1/2021	Self Empowerment	Alex	6740	I learned how to do things myself to enroll in my self empowerment. I like how I learned something new.	I like everything about the group. Everything was fine.	I would like to learn how to group and group the stuff I do.	I would like to discuss strategies I could do to stay on task.	Yes			Agree	Strongly Agree	Thank you for taking time to fill out the form and I will let others know about the subject.
4/1/2021	Self Empowerment	Alex	785	Accepting self and strengths.			Assertiveness.	Yes			Strongly Agree	Strongly Agree	Thank you for taking time to fill out the form and I will let others know about the subject.
4/1/2021	Self Empowerment	Alex	6955	How to have goals.	Nothing, it was good.	More skills it is fine.	Already on the mark.	Yes			Strongly Agree	Strongly Agree	Thank you for taking time to fill out the form and for the kind words.
4/1/2021	Self Empowerment	Alex	476	To be empowered with my mental illness and change that.	My life with my higher power.	None.	None.	Yes		Thanks Alex,	Strongly Agree	Strongly Agree	
4/6/2021	DBSA	Alex	5713	social skills	n/a	n/a	n/a	Yes		none	Strongly Agree	Strongly Agree	
4/6/2021	Schizophrenia Alliance	Alex	4006	Schizophrenia Alliance is a great group to understand and get empathy for others.	Love Alex's teaching she's great and well researched and makes it fun.	Alex always is prepared and gives all a chance to speak.	Alex always covers all topics.	Yes		Nobody does it better than Alex she's caring and intelligent and fun.	Strongly Agree	Strongly Agree	Thank you for taking time to fill out the form and the kind words.
4/6/2021	Schizophrenia Alliance	Alex	89	The stories of people who have different and similar situations.	I would say the groups are great that is it.	Give feedback.	Depends.	Yes	Yes the groups always start on time	Just a great place for need answers people will listen	Strongly Agree	Strongly Agree	
4/6/2021	Schizophrenia Alliance	Alex	1279	A lot of good stuff.	Nothing.	Lots more.	Don't know.	Yes			Neutral	Agree	
4/6/2021	Schizophrenia Alliance	Alex	785	Wishbone, back boned and funny bone. Laughter is the best medicine.	I wish we could of talked more.						Strongly Agree	Strongly Agree	I will be sure to give everyone more time to speak.
4/6/2021	DBSA	Alex	2389	talked about the coping skills of DBSA	N/A	I learn that whether in DRA or DBSA it is almost the same category in how I learn.	DBSA relationships values	Yes	n/a	Alex is a good facilitator	Strongly Agree	Strongly Agree	I will let other staff know as well.
4/6/2021	Let's Exercise	Alex	6928	I can exercise. it hurts yes, I'm disabled yes, but I can push through	nothing really, I look forward to videos with more yoga like gentle positions. Alex sent me a link to a gentle chair yoga. I'm excited to try it out			No	started late. But it worked out for me, because I was on a business call. lol	thank you Alex and the WC.	Strongly Agree	Agree	The group starts 10 mins after posted time to give all members a chance to log on.
3/22/2021	Coping Skills	Dan	4006	To be helpful. To work on recovery. Get a tool box. Have patience. Be teachable.	Love the way Daniel facilitates. I love his lessons and patience.	Daniel has researched all topics.	Daniel is so great at coming up with subjects and ideas. No need.	Yes	Always.	Daniel is so skillful at teaching and a great facilitator. Please keep him going.	Strongly Agree	Strongly Agree	
3/22/2021	Coping Skills	Dan	6740	I learned how to keep my journaling stack up as a new skill instead of just writing in it as a coping skill. Going to try it at home.	I like the staff and the time they took because I did learn something new!	I would like to learn the definition of skill and coping with them.	Gathering would be a nice discussion in the future.	Yes		Had a great time and enjoyed my day.	Agree	Strongly Agree	
3/22/2021	Coping Skills	Dan	1279	Coping skills.	Nada.	More skills maybe home or lab work.	Problem solving.	Yes			Agree	Agree	I will provide more choices/opportunities that other members provided on how to cope with boredom, staying at home, or dealing with the pandemic and isolation.
3/22/2021	Coping Skills	Dan	476	That I could see other point of others and adapt start point.	Nothing.	Repeat it.	My poetry.	Yes		None, thank you.	Strongly Agree	Strongly Agree	
3/22/2021	Coping Skills	Dan	4459	Coping with other ways.							Strongly Agree	Strongly Agree	
3/22/2021	Coping Skills	Dan	3432	About setting coping skills.				Yes		Dan did a good job with this group.	Strongly Agree	Strongly Agree	
3/22/2021	Coping Skills	Dan	6825	I learned that everyone struggles. I like how everyone listens and waits their turn no interrupting very good groups here always.	Nothing all is good.	Not sure yet.	Not sure yet.	Yes		I love the wellness center. Very happy to be back and see everyone. I feel relieved.	Strongly Agree	Strongly Agree	
3/22/2021	Dual Recovery Anonymous	Dan	6740	I learned to obtain my addiction by being aware of my amount I am using. I liked the conversation we had.	That I could not stop drinking soda and be aware of my addiction so I have to stop. I can drink more water.	We had conversations about our addiction then on a scale 1-10 we told Dan how we felt.	I would like to discuss how much you can drink and where I should.	Yes			Strongly Agree	Strongly Agree	
3/22/2021	Dual Recovery Anonymous	Dan	6955	I learned coping skills, I liked the speaking and speech that was given.	Nothing it's fine as is.	Listen more.	Open to any.	Yes		You did a great job. I'm enjoying my first day.	Strongly Agree	Strongly Agree	
3/22/2021	Dual Recovery Anonymous	Dan	6971	I learn how to grown and overcome our pain.	I love this group.	I want to learn how to do good and be able to do good on the outside.	Relationships with your family.	Yes		I love this group.	Strongly Agree	Strongly Agree	
3/22/2021	Dual Recovery Anonymous	Dan	4006	How to recovery and always have a lot of hope.	Daniel is the greatest facilitator, kind and efficient at teaching.	Daniel always gives us fresh and new topics. All is just great.	Daniel has everything covered.	Yes		Please keep Daniel as facilitator he is awesome and good.	Strongly Agree	Strongly Agree	
3/22/2021	Dual Recovery Anonymous	Dan	1378	I learn a lot of this group.		I want to learn everything.	Whatever.	Yes		None.	Agree	Agree	
3/22/2021	Dual Recovery Anonymous	Dan	1279	Mucho.	Nada.	Mas.	Same subject. Refresh memory.	Yes			Strongly Agree	Strongly Agree	
3/22/2021	Dual Recovery Anonymous	Dan	516	About resentments. The way everybody got to share.			About triggers to use alcohol and drugs.				Agree	Agree	I can speak more on this topic and in future groups I will bring up examples and topics for each member, that could possibly identify some triggers that may result in a relapse of alcohol or drugs. If triggered you should have a plan of action, a tool box, call your sponsor, call a trusted friend, talking to your therapist, or call the WCC to speak with me if triggered.
3/22/2021	Dual Recovery Anonymous	Dan	4391	Staff want to help us. Taking our meds help us.	No, everything was good.	Taking notes.	Memory improvements.	Yes		N/A	Strongly Agree	Strongly Agree	
3/22/2021	Dual Recovery Anonymous	Dan	476	That recovery helps to not use drugs that there help in recovery.	I like the fact we all shared our experiences, regrets and hopes. Nothing needs to improve except learning more.	Recovery in my addiction.	Same.	Yes		None, I had fun.	Strongly Agree	Strongly Agree	I will display or give members more resources for support groups either online or in person and meetings that are now open.
3/24/2021	DBSA	Dan	4681	Patience, motivation.	More humor, more students.	Coping skills.	Sports.	Yes			Neutral	Neutral	
3/24/2021	DBSA	Dan	6611	Talking to other members.	Nothing.	Same.	Hope.	Yes		Keep up the good work.	Strongly Agree	Strongly Agree	
3/24/2021	DBSA	Dan	4006	Insuring hope, loyalty and determination and working towards improvement.	Always love the way Dan teaches this DBSA class always fresh and new.	All is excellent.	All is excellent.	Yes		Dan is awesome and kind and understanding and is patient with all members.	Strongly Agree	Strongly Agree	
3/24/2021	DBSA	Dan	6971	I really like this group.	What I like about this group is that I get to say what I feel.	Everything.	Family and relationships.	Yes		I love this group and this place. It makes me feel good.	Strongly Agree	Strongly Agree	
3/24/2021	DBSA	Dan	516	How to resolve some depression, the sharing.	It went well.		Coping skills.	Yes			Strongly Agree	Strongly Agree	
3/24/2021	DBSA	Dan	2223					Yes			Agree	Agree	
3/24/2021	Relapse Prevention	Dan	4006	How to manage sobriety with goals.	Love this group of relapse prevention and learning to recover.	Love all topics and given a chance to share our experiences.	Daniel is super qualified to teach topic, expert on AA and sobriety and can be trusted.	Yes		Daniel taught and always keeps relapse recovery great facilitator.	Strongly Agree	Strongly Agree	
3/25/2021	Relapse Prevention	Dan	6269	I learned that the facilitator is a recovering alcoholic.	I liked everything.	Talk more about recovery.	12 steps, dual diagnosis.	Yes			Strongly Agree	Strongly Agree	I will use more examples and personal experiences, have members share their own experiences about the strength and hope they achieved in there own personal recovery.
3/25/2021	Relapse Prevention	Dan	4459								Strongly Agree	Strongly Agree	
3/25/2021	Relapse Prevention	Dan	1279	One day at a time, it's better to go meetings and stay sober.	Thought willingness to change making something a habit.	All that I can.	Not sure.	Yes			Agree	Agree	
3/25/2021	DBSA	Dan	4459								Strongly Agree	Strongly Agree	
3/25/2021	Relapse Prevention	Dan	6373	How to cope with addiction.	NA	NA	NA	Yes			Strongly Disagree	Neutral	Thank you for your feedback. We welcome you to share about your experience and any ideas for improving the group
3/25/2021	Relapse Prevention	Dan	5847				How to stay sober.				Strongly Agree	Agree	I will use examples of my own personal experience and others that have maintained sobriety one day at a time and how they did it I will find out what was it specifically they didn't like about the group and why
3/25/2021	Relapse Prevention	Dan	6198	Letting go.	The people.	Helping people.	None.	Yes			Neutral	Disagree	
3/29/2021	Anonymous	Dan	5912	Steps of Dual Recovery	Nothing in Particular	not sure	Not sure	Yes	starts on time	No	Strongly Agree	Strongly Agree	
3/31/2021	NAMI Connection	Dan	6204	name connection	none	name connection	none	Yes		none	Strongly Agree	Strongly Agree	
4/1/2021	Narcotics Anonymous	Dan	6740	I learned how to stay away from any addiction. I like how Dan taught us.	I liked how Dan used charts and graphs to organize the addictions people have during the group.	I would like to learn how to stop doing stuff that hurts people.	I would like to discuss the same in an NA group.	Yes	Yes this group starts on time.	No comments	Strongly Agree	Agree	
4/1/2021	Narcotics Anonymous	Dan	6416	It didn't apply don't do drugs listening.				Yes			Neutral	Neutral	
4/1/2021	Dual Recovery Anonymous	Dan	476	How to cope with my life as a drug addict with the diagnoses.	Everyone shared.	None.	None.	Yes		None, thank you Dan.	Strongly Agree	Strongly Agree	
4/1/2021	Dual Recovery Anonymous	Dan	6834	The importance of being active in recovery one day at a time.	There was nothing I didn't like.	Anything and what others recommended.	Solving triggers.	Yes		The instructors (Dan) are very helpful.	Strongly Agree	Strongly Agree	
4/1/2021	Dual Recovery Anonymous	Dan	1279	Is something you have to practice every day, one day at a time.	Nada.	Make stuff.	Testimonies more about hope.	Yes			Agree	Strongly Agree	

4/1/2021	Dual Recovery Anonymous	Dan	785	To accept yourself.			Assertiveness.	Yes				Strongly Agree	Strongly Agree	
4/1/2021	Dual Recovery Anonymous	Dan	6740	I learned to take it step by step to recover and like the way I explained my addiction to soda.	I didn't like the way we had problem with addiction. Nothing can be improved.	I would like to learn the right way to quit an addiction.	How to stop the addiction to soda.	Yes				Strongly Agree	Strongly Agree	If it's a soda addiction, I will encourage the members not to but it or be encouraged to drink another beverage that would replace the soda. Of course, it would be a tool used for one day at a time.
4/1/2021	Dual Recovery Anonymous	Dan	6416	Be thankful your here.	Wisdom.	Fine.	They are fine.	Yes				Agree	Agree	
4/1/2021	Dual Recovery Anonymous	Dan	2223	The people in the group.		Fine the way it is, no change needed.		Yes				Agree	Agree	
4/5/2021	Dual Recovery Anonymous	Dan	3070	That we only have to get through today	n/a	I learned that coffee is some way good for you. I like that we learn about health.	when and with whom should we disclose our recovery story	Yes	n/a	n/a		Strongly Agree	Strongly Agree	I will contact this members to get more information on this to identify exactly what they mean so I can support them.
3/26/2021	Healthy Living	Daneeka	5885	I learned that coffee is some way good for you. I like that we learn about health.	I like everything about the group. There is not anything at all.	There is anything at all.	There is no subject right now	Yes				Strongly Agree	Strongly Agree	
3/27/2021	Coping Skills	Daneeka	5713	social skills	n/a	n/a	n/a	Yes				Strongly Agree	Strongly Agree	
3/27/2021	NAMI Connection	Daneeka	5713	social skills	n/a	n/a	n/a	Yes				Strongly Agree	Strongly Agree	
3/27/2021	NAMI Connection	Daneeka	6768	The support we share with one another.	N/A	How to find hope	How to help each other	Yes				Strongly Agree	Strongly Agree	
3/30/2021	Schizophrenia Alliance	Daneeka	5912	Recovery means to me.	Nothing in Particular	More Stories on Coping with Schizophrenia	Not sure	Yes	starts on time.	No		Strongly Agree	Strongly Agree	
3/23/2021	Social Circle	Diana	5713	social skills	n/a	n/a	n/a	Yes				Strongly Agree	Strongly Agree	
3/26/2021	Life Skills	Diana	5885	I learned steps to better communicate. It's about daily life.	I like the group and it does not to be improved.	I would like to be more prepared for a interview.	There is no subject right now	Yes				Strongly Agree	Strongly Agree	I would refer the members who is interested in job related questions to call our Employment Specialist and to make an appointment to get further assistance.
3/30/2021	WRAP (Wellness Recovery Action Plan)	Diana	4459									Agree	Agree	
3/30/2021	WRAP (Wellness Recovery Action Plan)	Diana	4006	How to put your life on track. To be positive always through planning.	Diana is a great facilitator of WRAP always is prepared and makes WRAP fun.	Diana always has great topics and is accepting to members feedback.	Not to worry Diana always covers WRAP so well no need to have new input.	Yes		Please keep Diana as facilitator of WRAP please keep her in this position.		Strongly Agree	Strongly Agree	
4/5/2021	Better Days	Diana	5885	I learned there are 7 groups to have a better day. I like every thing.	There was not anything I did not like. There is not anything to be improved.		There is no subject right now	Yes				Strongly Agree	Strongly Agree	
4/8/2021	Life Skills	Diana	6938	It was an interesting group.	It was fine the way it was.	N/A	NA; AA	Yes		N/A		Strongly Agree	Strongly Agree	
3/20/2021	Coping Skills	Jason	5912	Dealing with Problem and Emotional Coping Skills	Nothing in Particular	Knowing some more key coping strategies to stay away from junk food	Not sure	Yes	Started on Time	No		Strongly Agree	Strongly Agree	In the future we can find some info on avoiding junk food.
3/20/2021	Schizophrenia Alliance	Jason	5912	Schizophrenia and Relationships	Nothing in Particular	Coping with Schizophrenia	Nighttime Dreams and Schizophrenia	Yes				Strongly Agree	Strongly Agree	
3/20/2021	NAMI Connection	Jason	4761	That I'm not alone in my mental illness and there are ways to cope	would love to have a lecture on a different illness per week info session.	become a name mentee	different ways to cope with mania	Yes		great group		Strongly Agree	Strongly Agree	I will suggest this to the new facilitators. The member can get this info from NAMI on how to become a mentee. In future, we can present these situations and how to deal with them.
3/20/2021	Social Hour	Jason	5912	TV Trivia	Nothing in Particular	More Trivia	Not sure	Yes		No		Strongly Agree	Strongly Agree	
3/20/2021	NAMI Connection	Jason	5912	Talked about what we have been dealing with	Nothing in Particular	not sure	Learn more about handling life issues	Yes		No		Strongly Agree	Strongly Agree	
3/22/2021	Social Hour	Jason	5885	I learned about trivia answers and I hope to remember it in the future. I like the questions asked.	There was not anything I did not like. There is not anything to be improved.	I'm not sure	There is no subject right now	Yes				Strongly Agree	Strongly Agree	
3/22/2021	Healthy Relationships	Jason	2389	I like the he talked about healthy relationships with a mental illness. It was very informative. Also you can set boundaries if you know the person.	N/A	I learn about different relationships through family friends, relatives and neighbors.	Healthy relationships through relatives and friends.	Yes		Jason is a good facilitator.		Neutral	Strongly Agree	
3/31/2021	Community Meeting	Jason	5713	social skills	n/a	n/a	n/a	Yes		none		Strongly Agree	Strongly Agree	
3/31/2021	Community Meeting	Jason	5912	Learned about upcoming events for onsite Wellness Center	We got off topic and went into our check ins too detailed. Talked mainly about virtual reality and games. We need to be discussing more about upcoming things like example what can be improved upon Wellness Center.	How to make Wellness Center a better place to share people's feelings openly. Perhaps have a public speaker talk.	To actually have a public speaker to talk about things out there for mental health.	Yes	Group actually ended 10 minutes early.	No		Agree	Agree	I will limit the check in to 5 minutes and more closely monitor the discussion topics. When we return to an onsite community meeting, we will again have outside speakers and presentations on a monthly basis. On occasion, the community meeting ends a little early if all of the members have shared and all of our announcements have been presented.
4/7/2021	Community Meeting	Jason	5713	social skills	n/a	n/a	n/a	Yes				Strongly Agree	Strongly Agree	
3/22/2021	Better Days	Jesse	2309	Learned activities towards goals and actions related to what we find meaningful in life.	I forgot about asking to access the source material or readings.	Socialize and learn about views of others for living.	About what comes next in the source material or habits.	Yes		I really like this group.		Strongly Agree	Strongly Agree	
3/23/2021	Morning Ice Breaker	Jesse	5713	The schedule of the day	n/a	n/a	N/A	Yes	N/a	None		Strongly Agree	Strongly Agree	
3/23/2021	Schizophrenia Alliance	Jesse	5912	Shared about our own experiences with our situation	Nothing in Particular	Understanding upon your dreams and desires	Nighttime Dreams and Schizophrenia	Yes	starts on time	No		Strongly Agree	Strongly Agree	Great suggestion! I will do this topic in the future.
3/24/2021	Goal Setting	Jesse	4006	Have hope honesty in my pursuit of my future goals.	Always love Jesse teaching goal setting.	Goal setting is always researched well and fun.	Goal setting is fine always.	Yes		Jesse is a great facilitator and teacher. Please keep Jesse rolling along.		Strongly Agree	Strongly Agree	
3/24/2021	Goal Setting	Jesse	6971	I love this group.	By listening and paying attention.	Everything.	Family and relationships.	Yes		I like this place and groups, too.		Strongly Agree	Strongly Agree	
3/24/2021	Goal Setting	Jesse	4681									Strongly Agree	Strongly Agree	
3/24/2021	Goal Setting	Jesse	516	Keep my goals realistic. Keeps me motivated.		Use computers for goal ability.		Yes				Agree	Agree	This is a great topic suggestion. We will discuss it in the future.
3/24/2021	Goal Setting	Jesse	1279	To be kind to self.	Nothing how can't recognize goals.	The art of goal setting.	Better organized with paper work.	Yes				Agree	Agree	I will research this subject and present it when able.
3/24/2021	Goal Setting	Jesse	2332	Learned about empathy. I liked the speaker. I learned about that you get back to yourself by coming to the center.	More casual topics, food, exercise.	To learn about goals. I'd like to learn to practice empathy.	Socialization skills, speaking.	Yes				Neutral	Neutral	These are great suggestions, we'll talk about all of these in the future.
3/25/2021	Music appreciation	Jesse	6373	Other people's taste in music.	NA	NA	NA	Yes				Strongly Disagree	Strongly Disagree	Thank you for your feedback. We welcome you to share about your experience and any ideas for improving the group
3/25/2021	Music appreciation	Jesse	4006	That Jesse went out and bought a boom box to make this class happen.	Love it, Jesse's awesome.	Great music.	Music was fun and a lot of people enjoyed the music.	Yes		Jesse is such a kind and great facilitator keep him forever.		Strongly Agree	Strongly Agree	
3/25/2021	Music appreciation	Jesse	6826	To be patient.	Nothing.	Be in groups.	Yes.	Yes		Good people and good time.		Strongly Disagree	Strongly Disagree	Thank you for your feedback. We welcome you to share about your experience and any ideas for improving the group
3/25/2021	Schizophrenia Alliance	Jesse	6740	I learned that the disability can not only take place by hearing voices it can also be caused mentally. I like to learn more about the sickness.	I don't think anything can be improved because it was the whole basic about the mental.	I would like to learn more of the medications.	Bipolar would be nice to discuss.	Yes		Nice to know these stuff that happen.		Strongly Agree	Strongly Agree	We are not a clinical program, so cannot talk about medications, but I will talk about bipolar as related to schizophrenia.
3/25/2021	Schizophrenia Alliance	Jesse	6971	I really love the topic.	I did like this group.	Everything.	Family and relationships.	Yes				Strongly Agree	Strongly Agree	
3/25/2021	Schizophrenia Alliance	Jesse	6975	That listening to voices and maintaining a job is very exhausting and sometimes impossible.	NA	I liked everything.	Bipolar disorder.	Yes		I love this center and the people inside of it too.		Agree	Strongly Agree	
3/25/2021	Schizophrenia Alliance	Jesse	2223									Agree	Agree	
3/26/2021	Men's Group	Jesse	5713	social skills	n/a	n/a	n/a	Yes				Strongly Agree	Strongly Agree	
3/26/2021	Men's Group	Jesse	6768	The support we share with one another.	N/A	More about dealing with mental health as a man	mental health as a man	Yes				Strongly Agree	Strongly Agree	I will do some research about this topic and discuss it in the future. Thank you for the suggestion.
4/5/2021	Social Time	Jesse	5885	I learned some country trivia. I got the chance to pick the trivia game.	I believe it okay the way it is. There is not anything to improve.	It fine the way it is.	There is no subject right now	Yes				Strongly Agree	Strongly Agree	
4/6/2021	Social Anxiety Support Group	Jesse	4459	It's good.								Strongly Agree	Strongly Agree	
4/6/2021	Social Anxiety Support Group	Jesse	6955	I learned many differences in society and social groups.	Nothing, it was great.	Its good as it is.	More about social acceptance.	Yes		You done a great job.		Strongly Agree	Strongly Agree	Great suggestion! We will discuss this in the future.
4/6/2021	Social Anxiety Support Group	Jesse	516	About social anxiety, what are the symptoms, it tells you how to feel comfort around others.	Interruptions. It can go on with interruptions feedback just instructor talking.	Just listen.		Yes				Agree	Agree	I will work on limiting interruptions during the group.
4/6/2021	Social Anxiety Support Group	Jesse	785	Standing up for yourself.								Strongly Agree	Strongly Agree	
4/6/2021	Social Anxiety Support Group	Jesse	4006	How to overcome socially anxiety be comfortable in our own skin.	Love the way Jesse teaches and facilitates.	Jesse teaches so well no need to improve he allows all to share.	Jesse has it covered and its fresh and new.	Yes		Please know Jesse is excellent teacher he deserves to be honored for his efforts.		Strongly Agree	Strongly Agree	
3/17/2021	Let's Go...Virtual Tours	Jim	5713	Ireland	n/a	n/a	n/a	Yes	on time	none		Strongly Agree	Strongly Agree	
3/31/2021	Let's Go...Virtual Tours	Jim	5713	places to travel	n/a	n/a	n/a	Yes				Strongly Agree	Strongly Agree	
3/31/2021	Let's Go...Virtual Tours	Jim	5885	I learned about Paris. I get to see different cities on the computer.	I like the group. There is not anything at all.	I would like to know about Aspen.	There is no subject right now	Yes				Strongly Agree	Strongly Agree	
3/23/2021	Social Anxiety Support Group	Joseph	1279	That its possible to overcome social anxiety.	Nada.	More specific social situations.	Getting out of comfort zone.	Yes				Strongly Agree	Strongly Agree	I'll talk about more specific scenarios in my life and encourage members to do the same sometimes.
3/23/2021	Social Anxiety Support Group	Joseph	6975	People really did different things during the pandemic.	Nothing.	Stick to the topic.	Dears, resentments, tricks to know about for social anxiety like at parties.	Yes		Great group!		Agree	Strongly Agree	I'll watch out for when the group gets a bit too off topic.
3/21/2021	Social Hour	Julia	5885	I learned something about an animal with a weird name.	There was not anything I did not like. There is not anything to be improved.		I would like to know about cat groups	Yes				Agree	Strongly Agree	We could spend a Saturday Topic of the Day group discussing cats if the members would like to.
3/22/2021	Topic of the Day	Julia	5885	we talked about an animal with a strange name. We can talk about anything	There was not anything I did not like. There is not anything to be improved.	We can learn about animal groups.	There is no subject right now	Yes				Agree	Strongly Agree	We could spend a Saturday Topic of the Day group discussing animals if the members would like to.

3/24/2021	Community Meeting	Julia	5713	social skills	n/a	n/a	n/a	Yes			Strongly Agree	Strongly Agree	
3/24/2021	Poetry	Julia	6427	Prose	No complaints	Participate	Poetry	Yes	Julia does a fine job leading the class	I enjoyed it	Agree	Agree	
3/17/2021	Cooking Class	Kenya	4761	Butter chicken indian recipe	wished I could taste the chicken	how to estimate measurements	easy dinners and snacks	Yes		loved the group Kenya is very personable	Strongly Agree	Strongly Agree	I will be happy to incorporate estimating measurements and healthy snacks into future cooking classes. Thank you for the suggestion!
3/19/2021	Fundamentals of Drawing	Kenya	5912	Pastel Art Abstract Art Free Composition	Nothing in Particular	Other art strategies	Not sure	Yes	Starts on Time	No	Strongly Agree	Strongly Agree	
3/22/2021	Dual Recovery Anonymous	Kenya	2389	I learn in DRA is that we have different mental illnesses can affect any kind of addiction.	n/a	I learn that whether in DRA or DBSA it is almost the same category in how I learn.	I would like to learn in DRA that we have different diagnoses in different groups.	Yes		Kenya and Alex are good facilitators.	Strongly Agree	Strongly Agree	
3/25/2021	DBSA	Kenya	6978	I liked that today it was more of an open discussion where we could bring up a specific issue we were dealing with rather than going down an internet article, which is sometimes helpful, sometimes I feel like it's stuff I have tried to read already. It was nice feeling like others were going through what I was going through.	Today's group was the best out of the four I have attended, I liked that it was really talking to each other. I feel alone and this was more personal.	How others felt when they were at their lowest, and how they managed through it and saw that it can get better.	Suicidal thoughts, emptiness, loss of enjoyment	Yes			Agree	Agree	Great Suggestion! We can definitely talk about resilience which is bouncing back and depression. Thanks for the feed back!
3/28/2021	Community Meeting	Kenya	1922	We discussed the activity of the day.	It ok	It fine, we could ask question	Food	Yes	Good	No	Strongly Agree	Strongly Agree	
3/31/2021	Positive Thinking	Kenya	6919	I learned how to use coping skills to get out of funks. I liked learning about the others and how they deal.	It is different to hear I understand with the masks on.	Meditations? Short stories (inspirational) nonfiction?	Navigating through a corrupt society staying the same.	Yes			Strongly Agree	Strongly Agree	
3/19/2021	Social Hour	Kyu	5713	social skills	n/a	n/a	n/a	Yes	n/a	none	Strongly Agree	Strongly Agree	
3/22/2021	Self Empowerment	Kyu	6740	I learn to get rid of the past when it comes to self empowering yourself. I like the conversation we have.	More writing assignment so can improve.	I would like to have an acting group class so we can show our self empowerment.	I would like to discuss more subject like empowerment.	Yes			Strongly Agree	Strongly Agree	Having writing assignment is a very good idea. I will review and find a way how to do writing assignments as suggested.
3/22/2021	Self Empowerment	Kyu	6771	I want to learn more about myself and my recovery.	I love everything about this group.	Yes.	Relationship.	Yes		None.	Strongly Agree	Strongly Agree	
3/22/2021	Self Empowerment	Kyu	476	Empowerment was a great class so we can get rid of the past.	Nothing I loved it great teaching.	Participation.	Something really fun.	Yes		No thank you.	Strongly Agree	Strongly Agree	
3/22/2021	Self Empowerment	Kyu	6955	How to be self empowered. The speech.	Nothing good as is.	Listen more.	Any is fine.	Yes		Did a great job Kyu.	Strongly Agree	Strongly Agree	
3/22/2021	Self Empowerment	Kyu	516	Forgetting the past, self empowerment.		Learn more about forgetting the past subject.		Yes			Agree	Agree	
3/23/2021	Choir	Kyu	5713	how to sing	n/a	n/a	n/a	Yes			Strongly Agree	Strongly Agree	
3/23/2021	Choir	Kyu	6427	Participation with the lovely people from the WCC	No complaints	Participate	More rock and roll	Yes	Works fine	Kyu is a fine facilitator	Agree	Agree	I will prepare more variety in the Songs at Choir for members to have more fun, including Rock and Roll.
3/27/2021	Social Hour	Kyu	3717	The questions they ask	Why on Saturday it doesn't start on time.			No	It starts late		Strongly Agree	Strongly Agree	It may be possible to wait for more members to join on Saturday. If delayed, I used to announce the reason why we cannot start at that moment and ask for the members patience. I will start the group on time as usual.
4/5/2021	Healthy Relationships	Kyu	5885	I learned about different relationships. I like every thing. People accepting each other no matter culture or background.	There was not anything I did not like. There is not anything to be improved.	There isn't anything at all.	There is no subject right now	Yes			Strongly Agree	Strongly Agree	
4/6/2021	Diversity	Kyu	785					Yes			Strongly Agree	Strongly Agree	
4/6/2021	Diversity	Kyu	516	To respect other ethnic people, different ethnic backgrounds of the members.	The interruptions from members, wait for feedback till after or end of group.	Have a full session without people feedback.					Agree	Agree	I always encourage member's feedback because this is member driven program. I also try to give members equal opportunity. I will manage the time better during the group so that each member can share. I do think feedback in the group is really important and still needed.
4/6/2021	Diversity	Kyu	4459							Great existing points.	Strongly Agree	Strongly Agree	
4/6/2021	Diversity	Kyu	4006	How beautiful and important diversity is to our lives.	Love Kyu teaching is outstanding.	Kyu always makes class fun uplifting and researched.	Kyu handles class great.	Yes		Kyu is a great facilitator.	Strongly Agree	Strongly Agree	
4/6/2021	Choir	Kyu	5713	how to sing	n/a	n/a	n/a	Yes		none	Strongly Agree	Strongly Agree	
3/25/2021	Open Discussion	Nu	6201	Open myself. I liked the group because we can say anything.	Everybody who discusses in this group should improve because nobody is coming.	More being myself are learn more about the class.	More about myself and their self.	Yes		Yes, it ends very well.	Agree	Agree	
3/25/2021	Open Discussion	Nu	89	Well hearing peoples situations.	Nothing, the wellness is great we will see.	Open discussion is great.	It does not matter.	Yes		Keep it real, yeahhhhh!	Strongly Agree	Strongly Agree	
3/18/2021	Music Academy	Pat	6427	I learn a new song once a week	No complaints	play my music	More rock and roll	Yes		Pat does a wonderful job of leading the class	Agree	Agree	
3/19/2021	Music Academy	Pat	5713	how to play the guitar	n/a	n/a	n/a	Yes	N/a	none	Agree	Agree	
4/1/2021	Music Academy	Pat	5713	how to sing	n/a	n/a	n/a	Yes		none	Strongly Agree	Strongly Agree	
3/23/2021	Anger Management	Robert	3292	Multiple ways of dealing with anger.	Everything was fine.	Continue to learn different techniques in dealing with anger.	More about anger management.	Yes			Strongly Agree	Strongly Agree	I will continue to talk about different techniques for how to deal with anger.
3/30/2021	Alcoholics Anonymous	Robert	5912	Stories of how we commit our lives to maintain sobriety. Higher power restoring me to sanity.	Nothing in Particular	Maintaining peace of mind everyday to be sober	Not sure	Yes		No	Strongly Agree	Strongly Agree	I like the topic about maintaining peace of mind. I will use this as a discussion topic.
3/30/2021	Anger Management	Robert	4761	Steps to reduce large bursts of anger	Wished there was a therapist there	How to react when others are explosive	Not becoming a victim or abuser	Yes	It did	Will return	Strongly Agree	Strongly Agree	Our program doesn't have any licensed therapists. I would like to encourage you to talk to your therapist, if you do not have any therapists please let us know so we can share some resources with you.
3/31/2021	NAMI Connection	Robert	5912	I had something to discuss about what I am going through and was able to get it out.	Next time we continue on understanding about Bipolar.	Anything possible	Not sure	Yes		I was going through my emotions today on medication. I am feeling manic symptoms of unclarity. I mentioned about name medication but caught myself saying a name of medication. My apologies.	Strongly Agree	Strongly Agree	
3/26/2021	Relapse Prevention	Sohail	6978	Stages of relapse. I liked hearing the breakdown and being able to talk a little about my struggle, and that people listened and were understanding	Checking everyone in takes awhile but I think now I'm used to it and it feels like part of the process	How to take steps necessary to prevent mental relapse when you might be already far in	Suicidal thoughts, stress intolerance, loss of enjoyment	Yes			Agree	Agree	We will review this topic during our next group.
4/1/2021	Chat with Director	Sohail	2223								Agree	Agree	
4/1/2021	Chat with Director	Sohail	4681	About when the classes are open us.	Nothing. Maybe a bit background music or more laughter.	I like to learn more about socializing with others.	Exercise, diet or music.	Yes			Strongly Agree	Strongly Agree	We encourage you to join our Social groups including Ice Breakers and Emotional groups.
4/1/2021	Chat with Director	Sohail	6365	I learned that the capacity will be extended and the schedule.	A little more experience with pairing of online/in-person would be nice. Generally no complaint.	Chat with the director some more.	More about accommodations for transport.	Yes			Agree	Strongly Agree	Thank you for your comment we will strive to do better with our hybrid groups. Please discuss this directly with the Program Director.
44287.65667	Chat with Director	Sohail	6790	I learned to interact with other people. I liked the camera.	How I got to know more about my friend, and can't be improved.	I would like to learn more about different groups.	I would like to discuss different ways you can director and chat with friend.	Yes			Agree	Agree	Please reach out any of our Peer staff or the Program Director to receive more information on our groups.
44287.6663	Chat with Director	Sohail	6373								Strongly Disagree	Strongly Disagree	Thank you for your feedback. We welcome you to share about your experience and any ideas for improving the group
44287.66664	Chat with Director	Sohail	89	The changes that are coming about!	Nothing, very useful for me.	Whatever maybe a little more time.	Nothing for now.	Yes			Strongly Agree	Strongly Agree	
44287.66796	Chat with Director	Sohail	6201	I learned about to talk by myself what I liked is everyone talk.	What I didn't like was that everyone was slow it can improve in more talking.	What I will like to learn is more social to people.	More about the bible or sports in the future.	Yes			Neutral	Agree	We will clarify this comment with member 6201. Member participation is encouraged during all groups. Please join us for our social groups.
4/6/2021	Coping Skills	Wanda	6714	NA	It was ok the way it is.	How to write in a journal to cope.	Not sure.	Yes					
4/6/2021	Coping Skills	Wanda	6325	About depression. It was fun.	Nothing much it is good as is	NA	More about depression social anxiety.	Yes					
4/6/2021	Coping Skills	Wanda	6857	About depression that it was good.	It was just fine	Art. Learn to cope with art	Science and about mental health	Yes					
4/6/2021	Coping Skills	Wanda	4006	How to use my tool box to get to a positive state and be a better person.	Love the group it keeps me grounded happy and positive.	Wanda did a outstanding class today.	Coping skills is always on a researched and updated info its always new and fresh.	Yes					
3/19/2021	Living and Thriving	Wendy	6365	how we perceive things and our attitudes	there was nothing not to like. I feel safe communicating to staff if I don't like something	Id like to learn more about how to change my perspective,	tips on how to change the perspective of things.	Yes	there was issues with staffing and a member was not talking	none	Neutral	Strongly Agree	Tips on how to look at things from a different perspective is a topic we can do in the group in the future. As for people not talking in class, we always try to get active engagement from our members; however, we can't make people participate if they are not feeling up to it. Please contact Julia Alpi- Kindred, WCC Team Lead, if you have any questions or concerns regarding any staffing issues!

3/18/2021	Healthy Living	William (Willy)	5912	Stress and Anxiety Management Coping Skills Meditation	Nothing in Particular	Knowing some more key coping strategies to stay away from junk food	Eating a healthy diet and learning to say No to Junk Food	Yes	Starts on Time	So I been having problems consuming junk food a lot recently probably through medication change. But I want to learn some helpful tips to control the urges. But I can possibly learn some of these techniques through Nutrition class but that class takes place during AA meetings. Just thought of maybe bringing up nutrition in healthy living can be helpful.	Strongly Agree	Strongly Agree	This is a good topic to discuss, we will talk about it in an group soon. As for the group being held at the same time as AA meeting, I will suggest that the times be switched so you can attend both groups. Thank you for your feedback.
3/18/2021	Resilience	William (Willy)	6779	I learned a lot about resilience and what I can do as coping strategies to deal with difficulties in my life.	I liked everything about this group	Resiliency	How to stay resilient during depression/social anxiety	Yes		Facilitator is super friendly and welcoming since I am newcomer	Strongly Agree	Strongly Agree	This is a great topic suggestion. We will discuss it in the future.
3/19/2021	Men's Group	William (Willy)	5713	how to communicate in a relationship	n/a	n/a	n/a	Yes	n/a	none	Strongly Agree	Strongly Agree	
3/19/2021	Men's Group	William (Willy)	5912	Communication	Nothing in Particular	More about what men do	More about what men do	Yes	Starts on Time	No	Strongly Agree	Strongly Agree	I will use this topic for a future group.
3/24/2021	Ambassador Meeting	William (Willy)	5713	social skills	n/a	n/a	n/a	Yes		none	Strongly Agree	Strongly Agree	
3/25/2021	Enlightenment	William (Willy)	6971	This group is a good too.	I like this group too, they talked about interesting things.	Everything.	Family and relationships.	Yes			Strongly Agree	Strongly Agree	Thanks for the suggestions, I will use this topic in an upcoming group.
3/25/2021	Enlightenment	William (Willy)	1279		Nothing.	More.	Don't know.	Yes			Neutral	Agree	
3/25/2021	Enlightenment	William (Willy)	476	I learned to share how I feel and what makes me happy.	None.	Nothing keep it as it is.	None.	Yes		None, thank you.	Strongly Agree	Strongly Agree	
3/25/2021	Enlightenment	William (Willy)	6740	I learned internal rewards could be money. I like the way it was taught.	I basically like it all and would love to join it again. The learning can't be improved that much.	I would like to learn wages like how internal rewards are used gradually with money.	I would like to discuss money plans in the future.	Yes			Strongly Agree	Strongly Agree	
3/30/2021	Chess Club	William (Willy)	5912	Various tactics of chess	Nothing in Particular	More about what we discussed as far as chess tactics	Not sure	Yes	starts on time	Wish more members can join just for them to listen in	Strongly Agree	Strongly Agree	I will use this topic for future groups.
4/2/2021	Men's Group	William (Willy)	5713	social skills	n/a	n/a	n/a	Yes			Strongly Agree	Strongly Agree	
4/6/2021	Nutrition 101	William (Willy)	5713	how to eat more healthy	n/a	n/a	n/a			none	Strongly Agree	Strongly Agree	