

Therapeutic/Educational Groups



At Step By Step, staff members facilitate a number of groups including those that are developed in-house or evidence-based groups found to be effective in meeting the needs of the SBS community. Our groups are designed with the purpose of increasing socialization and peer to peer support; reducing isolation, stress or other undesired mental health symptoms; and enhancing coping skills, awareness and education. Groups rotate on a 12-week basis.

Recent Groups Include:

Art Therapy	Peer to Peer Group	Knitting Group
Pathway to Poetry	Coffee Social Hour	Singled Out
Telling Your Story	Telling Your Truth	Creative Expressions
Pathway to Poetry	DBT	CBT
Women's Group	Goals Group	Job Club
Men's Group	Health is Wealth	Ending Self Stigma (ESS)
Introduction To Mindfulness and Meditation		Dating

Step By Step Supportive Services, Inc. is a private, non-profit organization relying on client fees and tax-deductible contributions