

This 8-week seasonal group for adults (18+) is designed to support those experiencing depression or anxiety during the holidays, participants will connect and heal through expressive art therapy, creative crafts, fun games, therapeutic discussions, and daily mindfulness practices.

# What You'll Learn Each Week:

#### Week 1:

**Building Connection** and Appreciation

## Week 2:

Sharing Memories and Emotional Stories

#### Week 3:

**Expressing Emotions** and Teamwork

# Week 4:

Affirmation and Future Goal Setting

#### Week 5:

Mindfulness and Interactive Play

## Week 6:

Goal Setting for Mental Wellness

#### Week 7:

Positive Affirmation and Life Stories

# Week 8:

Managing Holiday Stress

#### Week 9:

Self-Compassion and Stress Reduction

## Week 10:

Celebration and Real-Life Skill Practice

# The Ringing in the Holidays Group Therapy Series focuses on:

- Mindfulness Techniques
- Cognitive Behavioral Therapy (CBT)
- Creative Connection
- Affirmation & Self-Compassion

Take the first step toward finding your peace and personal growth this season. Your inner glow is waiting!



# Interested in Joining?

To participate in our group therapy sessions, you must be a current client of Maryland Wellness or fill out our referral form.

Scan the QR code to get started today!



## **Maryland Wellness**

519 N. Mechanic St. Cumberland, MD 21502



Starting November 13th Every Thursday Night At 5:00 PM



This 20-week outpatient therapy group is designed for teens ages 14-17 to explore self-love, build selfesteem, and strengthen self-confidence. Teens will learn to set healthy boundaries, improve communication, and foster positive relationships. Each participant will receive a certificate of completion, celebrated with a special ceremony at the end of the program.

# What You'll Learn Each Week:

Week 1: Intro to Self-Love

Week 2: **Building Self-Awareness** 

Week 3: Exploring Your Story

**Understanding Identity** 

Week 5: Self-Care Basics

Week 6: Coping & Emotional Care

Week 7: Building Self-Esteem

Week 8: Positive Self-Talk

Week 9: Knowing Your Values

**Week 10:** Setting Healthy Boundaries

Week 11: Vision & Goal Setting

Week 12: Growing Through Challenges

**Week 13: Empathetic Listening** 

Week 14: ommunicating with Care Week 15:

Healthy Conflict & Connection

**Communication Practice** 

Understanding Healthy Relationships

**Week 18:** 

Recognizing Unhealthy Patterns

**Week 19:** 

Reflection & Growth Check-In

Week 20:

Celebration & Closing

These reads are full of real-life lessons, activities, and stories that make self-love and communication easier to understand and apply in everyday life.

#### 💳 Books We'll Explore:

- The Self-Love Workbook by Shainna Ali
  The Self-Esteem Workbook by Glenn R.
- The Essentials of Setting Boundaries by Chase Hill
- **4 Essential Keys to Effective** Communication by Bento C. Leal III



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## **Maryland Wellness**

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Starting November 11th **Every Tuesday Night** At 5:00 PM