

# Welcome to Blue Ridge/Meridian's Recovery Education Centers (REC)

- **Active REC students are welcome to attend any class at any time**
- **If you would like to become an active student, call 828-631-3973 to schedule an assessment**
- **Classes at the RECs offer an in-person option at the location listed as well as an online option**
- **Online Only Classes are offered on zoom only**



## Spring Semester (February 13, 2023 – April 28, 2023) Class Descriptions

**Acceptance & Commitment Therapy:** Learn to embrace and accept your thoughts and feelings rather than fighting or feeling guilty for them. Choose to face them head-on and take action to change your behavior and enrich your life.

**Art of Emotions:** Based on the principles of cognitive behavioral therapy, learn to understand the thoughts that contribute to depression, anxiety, anger, and other emotions, and practice challenging them to reduce emotional suffering.

**Assertiveness:** Students will learn to interact with others and practice communicating in a way that allows their voice to be heard and their needs to be met in a healthy way. We can improve our relationships when we increase our assertiveness.

**Back from the Blues:** Learn about depression, strategies for managing mood, and effective coping skills to help you move through the blues and have a better quality of life.

**Creative Recovery:** Where words fall short, art can help carry us toward our recovery goals. Use expressive arts to enhance your recovery. A variety of media and creative projects will be offered to help student grow in self discovery.

**Effective Relationships:** This class teaches us ways to communicate our hopes, our wants and our needs within the various relationships in our lives. Learn strategies to improve your ability to have satisfying and healthy adult relationships

**Exploring Loneliness:** Learn how to take the necessary steps to relieve loneliness and work toward developing better relationship skills, reaching out for support, joining community activities, and fostering intimate relationships.

**Gifts of Imperfection:** Based on Brené Brown's best-selling book, this class offers 10 guideposts to adopt a whole-hearted approach to living your life to the fullest.

**Healthy Boundaries:** This class allows students to learn ways to establish boundaries in order to experience healthier relationships. Take this opportunity to learn and practice verbalizing your needs and having them met in a positive way.

**Journey to Healing & Recovery after Brain Injury:** Life can be overwhelming and freshly hard after a brain injury. Come to this class for help and support around navigating the loss of sense of self, moving toward acceptance, and fostering strength to keep going in the face of changes to who you are and how you function.

**Life After Loss:** Grief and loss are a normal—and painful—part of life. Losses have many shapes, including a loved one's death, the loss of a job, a divorce, and even giving up an old habit. Learn about healthy ways to grieve losses, honor the past, and live our lives more fully.

**Living in Balance:** This class is geared towards students in the action and maintenance stages of

change who are practicing an abstinent recovery process and looking to strengthen their recovery skills for a long-term healthy lifestyle.

**Living with Chronic Pain:** Living with pain is taxing on our mental wellness, learn skills to manage mental health in the face of chronic pain and improve the quality of your life.

**Managing Anger:** Explore how intense emotions can create or complicate interpersonal problems and identify effective strategies for managing intense emotions. Develop anger management, assertiveness practice and other ways of coping with stressful emotions.

**Meditation:** Students will learn basic meditation techniques and have the opportunity to listen to a different guided meditation each week. Students will learn about the benefits of meditation for physical and mental health and observe the positive effects within themselves

**Overcoming the Blues:** Learn about depression, strategies managing your mood, how to identify symptoms of depression, where depression may come from, and effective coping skills to help you move through the blues and have a better quality of life.

**Parenting with Love & Logic:** Learn techniques to help navigate the most difficult parenting moments, avoid power struggles, empower children to solve their own problems, and prepare children for the real world while fostering a loving relationship.

**PRIME for Life:** Come to this class to learn and reflect on how substances impact your brain, body, wellness, and life. Learn tools to equip you if you are interested in making changes in your substance use behavior.

**Recovery Discovery:** Explore the challenges around addiction and the reasons it is difficult to stop using. Learn about the physiological consequences of using and develop skills for successfully navigating common obstacles and pitfalls associated with early recovery.

**Seeking Safety:** Learn about and reflect upon the intersection between substance use and trauma. Reclaim your life after the experience of trauma and practice safe ways of coping while being compassionate to yourself.

**Self-Compassion:** Help yourself be kind and understanding to yourself when confronted with personal failings instead of mercilessly judging and criticizing yourself for your shortcomings. Learn the three components of self-compassion and practice them weekly.

**The 4 Agreements:** Based on Miguel Ruiz's book, learn about the 4 Universal Principles, what they mean and how they help; explore how making changes and following the agreements can impact your wellness in a positive way.

**Trauma & Resilience/Resources for Resilience:** Learn about the impact of trauma and chronic stress on the nervous system and how you can build your resilience using seven key resiliency tools. Practice soothing yourself and improving your self-care.

**Vulnerability:** Learn to recognize shame as a universal experience and embrace authentic living as a foundation for resilience. Topics include defining shame, practicing empathy, exploring triggers and vulnerabilities, practicing critical awareness, reaching out to others, and more!

**Wise Mind:** Learn specific skills for navigating relationships, tolerating stress, and regulating emotions. Learn and practice these skills to help you surf the ups and downs in your life instead of feeling tossed around by the waves. Based on DBT.

**Wellness Recovery Action Plan (WRAP):** Put all of your expertise about yourself and your recovery into an easy-to-use plan that will help you consistently cope with mental, emotional, and physical health issues. Take time to reflect on what helps the most, and how to prepare for when things are getting harder as you create your own WRAP plan.

**What, Me Worry?:** Learn new ways of managing the "overthinking mind" so that we are no longer held hostage by thoughts that tend to be excessive, overwhelming or otherwise unmanageable.

**Writing for Wellness:** Writing about thoughts, emotions, and experiences can be a valuable tool in the recovery process. In this class we will gain understanding, acceptance, and healing through writing. We will explore topics such as forgiveness of ourselves and others, loving-kindness, determination and wisdom.