



**Sessions offered at Taylor Care Tuckerton\***

**Art of Change** +++ Designed to allow expression of feelings, emotions and thoughts freely in a creative space. Work through problematic symptoms or just freely express yourself through creative art, no drawing or artistic experience needed!

**Politics as Usual** +++ This is not a session to discuss world politics, rather a space where you can govern what is in your control. In this area daily regulation of self, meaningful order and routine are created. Become the day's governor where you can assist your peers in finding their locus of control!

**Each One Teach One** +++ Learn about disorders, behaviors and symptoms while making steps to develop coping skills and tools for better daily functioning. Experiencing mind racing or difficulty sleeping, maybe you struggle with cravings and/or triggers? This session provides education regarding living with mental illnesses or substance use disorders and how you can work through these issues!

**Woman to Woman/ Man to Man** +++ Experience process sessions in a gender specific setting. Discuss your thoughts, feelings and emotions openly with peers. Share commonalities or differences and be free of judgment!

**Relapse Prevention** +++ Relapse is a natural part of recovery and you will discover that part of prevention is learning how to recover every time. In this session you will discover relapse can be successfully prevented. Whether you struggle with substance abuse or mental health issues, these sessions are designed to assist with planning and coping to prevent a relapse!

**Mindfulness** +++ Mindfulness is a spiritual and therapeutic process of paying attention to oneself and allowing oneself to be one with the present moment. From an everyday function, being mindful brings about peace, harmony and comfort in the body, spirit and mind. In these sessions you will function in the present moment rather than reflect upon the past or generate anxiety about the future.

**Yoga** +++ Life Force Yoga is intentionally designed to work with and manage the mood while supporting participants in self-regulation. Many of the yoga techniques can be done in a chair, in bed, and do not require a yoga mat. Life Force Yoga interweaves the power of an ancient discipline with current scientific findings to help you release what is no longer serving you – without a story attached!

\*Sessions are not limited to the list and are subject to change