

Adult Groups



Befriending Your Emotions

This group helps participants gain skills related to emotional awareness, mindful acceptance, coping with difficult feelings, and taking values-guided action in life. The focus is not just on learning skills but actually practicing skills in the face of real emotional triggers using imaginal exposure.

Wednesday | 5:30-7:00 p.m. | 8 weeks

In-Person

Co-Occurring Group

Our Integrated Recovery and Wellness group is an intensive outpatient co-occurring group, with a curriculum that is trauma-sensitive and evidence-based. Both mental health and substance use disorders are treated by one team simultaneously, and programming is specific to each client's unique needs and challenges faced at each stage of recovery. Aftercare includes time-unlimited weekly groups to review and practice skills.

Monday-Thursday | 1:00-4:00 p.m.

In-Person

Dialectical Behavior Therapy (DBT)

This group focuses on learning skills in the areas of emotion regulation, mindfulness, distress tolerance, and interpersonal effectiveness. The focus will be on using strengths to assist in learning and practicing coping strategies and skills to manage intense emotions.

Tuesday | 2:00-3:30 p.m. | 24 weeks

In-Person | RCTC (open to non-RCTC students)

Wednesday | 1:00-2:30 p.m. | 24 weeks

In-Person or Online

DBT Master Class

This is an ongoing treatment option available for individuals who have completed a Dialectical Behavior Therapy group.

Wednesday (1st & 3rd/Month) | 10:00-11:30 a.m.

In-Person or Online

DBT Skills System

Adults with Intellectual Disabilities

This group focuses on learning skills to experience and regulate emotions, practice self-determination, effectively communicate, and work toward individual life goals.

Monday | 2:30-4:00 p.m.

In-Person

Embracing Neurodivergence

This group focuses on embracing strengths and identities in a supportive environment. Participants will explore topics such as managing sensory needs, emotional burnout, demand avoidance, and internalized ableism, while building skills in communication, relationships, mindfulness, and values-guided living. Grounded in Acceptance and Commitment Therapy and Dialectical Behavior Therapy, the group offers a neurodivergent-affirming space to develop practical strategies for self-understanding and resilience.

Tuesdays | 11:00-12:00 p.m.

In-Person

Learn More & Sign Up!

Please Contact Customer Service at 507.289.2089.



Adult Groups

Empowering Women

Women Ages 45+

This group focuses on the unique transitions that women experience during mid-life. It will include education, empowerment, and support for a variety of life issues including aging parents, parenting, relationships, and grief.

Wednesday | 11:00-12:00 p.m.

In-Person

Living Authentically

The goal of the group would be to alleviate mental health symptoms for young adults in the LGBTQIA+ community by providing a safe and supportive environment to process areas such as “coming out,” transitioning, how to cope with the current stressors within our political environment, how to find support, gender expression/identity, sexuality, relationships, personal safety, body image issues/ “passing,” self-esteem, as well as addressing how these affect mental, physical and chemical health.

Tuesday | 11:00-12:30 p.m.

In-Person

Mindfulness & Art

This group teaches mindfulness and art as coping skills, developing relationships, and finding a sense of belonging. It will be structured to have quiet mindfulness time and processing, and we will also share art and mindfulness experiences.

Thursday | 1:00-2:30 p.m. | 10 weeks

In-Person

Parenting Pathways; Education & Support

This group is designed to empower and support caregivers of children with mental health diagnoses. We aim to provide practical caregiving skills, emotional support, and valuable resources to help caregivers navigate the challenges of raising a child with mental health needs.

Tuesday | 4:00-5:00 p.m. | 8 weeks

In-Person or Online

Understanding Trauma

This group will help bring self-compassion and resilience to the forefront as people healing from trauma begin to understand what is happening inside of their body. The goal is to live with intention and have meaningful relationships.

Monday | 3:30-5:30 p.m. | 8 weeks

In-Person or Online

Understanding Grief

This group is to support, educate, identify and process grief and the impact it has on our lives. This group will focus on individual grief experiences with consideration of a holistic approach that may help identify avenues for moving out of pain and toward healing. This group will be held virtually and is a closed eight-week group in order to allow members to safely share their grief experiences in a collaborative environment.

Monday | 4:00-5:30 p.m. | 8 weeks

Online

Learn More & Sign Up!

Please Contact Customer Service at 507.289.2089.

