

# ARMHS Groups

## **Building Relationships**

This 8-week group is designed to help adults form, maintain, and strengthen healthy relationships across family, friendships, work, and community settings. Using a skills-based approach, we will gain communication, emotional regulation, boundaries, and conflict resolution strategies that support independent living and mental health stability. Each session includes psychoeducation, interactive activities, real-life practice, and individualized skill application to support relationship building.

**Thursdays | 3:30-4:30 p.m. | 8 Weeks**  
**April 2 through May 21**

Location: Northgate Office

## **Health & Wellness**

This 8-week group covers the basics of goal setting, nutrition, meal planning and grocery shopping, exercise, and sleep hygiene. We will also explore the health benefits of prioritizing social connection, spirituality, nature, leisure, and stress management routines while keeping your motivation rooted in your values and provide accountability in a way that works for you.

**Wednesdays | 2:30-3:30 p.m. | 8 weeks**  
**April 1 through May 20**

Location: Woodlake Office

## **Housing 101**

This 8-week group provides individuals with the practical skills and knowledge needed to thrive in various aspects of their lives. Group sessions will include workshops, discussions, and hands-on activities, such as budgeting, time management, nutrition, resume building, home organization, coping skills, and self-care.

**Wednesdays | 1:30-2:30 p.m. | 8 weeks**  
**April 8 through May 20**

Location: Northgate Office

## **Mantram Repetition**

This 8-week group teaches how to quiet the mind and create inner peace by repeating one's Mantram throughout the day. Participants will select a personal word or phrase rooted in their values and practice various skills to incorporate the Mantram into daily life. Join us as we learn an alternate way to reduce PTSD symptoms, increase resilience to stress, improve sleep, support recovery from addiction, and create joy.

**Tuesdays | 1:00-2:00 p.m. | 8 Weeks**  
**March 31 through May 19**

Location: Northgate Office

## **Learn More & Sign Up!**

Please contact your current ZVHC provider for a referral or call 507.289.2089.



# Ongoing ARMHS Groups

## Colors of Resilience

This ongoing group is a safe and supportive space for LGBTQ+ individuals to connect, build coping skills, and boost resilience. Each session includes skill-building, activities, and discussions on topics like identity, self-care, stress, and advocacy. Everyone is welcome!

**Mondays | 3:30-4:30 p.m. | Ongoing**

Location: Northgate Office

*Also available by telehealth/Zoom*

## Krom Khmer

This ongoing group has been meeting for nearly two decades and is open to members of the Khmer population – a Khmer interpreter is present at each session. Skills topics such as E-IMR, DBT, leisure, health and wellness, and mindfulness are rotated.

**Thursdays | 10:30 a.m.-12:00 p.m. | Ongoing**

Location: Northgate Office

## The Men's Resilience Workshop

This men's group is designed to help participants build meaningful connections and strengthen their use of real-world coping skills in a supportive environment through interactive hands-on activities and practical skill-building techniques for dealing with stress and improving resilience and mental wellness.

### **Who should join?**

- Men looking to improve social connections & communication skills
- Those who want to learn coping strategies for stress & life challenges
- Anyone seeking a space for growth, resilience, and personal development

**Tuesdays | 12:15-1:45 p.m. | Ongoing**

Location: Northgate Office

*Also available by telehealth/Zoom*

## **Learn More & Sign Up!**

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