



encompass
—Community Supports—

Formerly Known As – Rappahannock-Rapidan Community Services

The S.E.E. Recovery Center

Support, Encourage, Empower

710 U.S. Ave, Culpeper, VA 22701

540-825-3366

SEERecovery@rrcsb.org



The S.E.E. Recovery Center

Encompass Community Supports is providing immediate access to recovery services and enhancing the continuum of care to our community with the S.E.E. (Support, Encourage, Empower) Recovery Center in the heart of Culpeper, Virginia.

The concept of the Support Encourage Empower or S.E.E. Recovery Center stems from Thomas Pratt, Certified Peer Recovery Specialist, DBHDS Certified Trainer, Navy Veteran, developer of the Veteran X Peer led Mental Health Recovery program, and Orange County Resident. During Tom's trainings, he inspires future Peer Recovery Specialists with the idea that peers can SEE others recovery through support, encouragement, and empowering individuals on their path to discover, maintain, and strengthen their recovery.

The S.E.E. Recovery Center offers an array of recovery-oriented groups, meetings, and the opportunity to speak with someone about mental health or substance use recovery. A staff member will be available from 8 am to 9 pm Monday through Friday to assist with attending appropriate groups or other services. First Responders, Law Enforcement, and Emergency Department Personnel; please call (540) 825-5656 Option 7 to arrange connection with services at the S.E.E. Recovery Center.

The S.E.E. Recovery Center is open to all in need of recovery services in the area.

Current Hours:

Monday – Friday: 8:00am to 10:00pm

Saturday: 10:30am to 4:30pm

Sunday: 4:30pm to 8:30pm

We welcome all community members to come to the S.E.E. to learn and grow in recovery from all of life's challenges and to connect with others to create a community of wellness!

Our July schedule of services and events is attached.

To be added to our schedule distribution list please send an e-mail to SEERecovery@rrcsb.org with the subject – SEE Distribution List Request.



SEE Recovery Center

July 1– July 7

Saturday July 1 Sunday July 2			Monday July 3		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
	SATURDAY		9:30a	Coffee and Conversation	Encouragement Café
11:00a	Substance Use Education Series	Living Room	1:00p	Celebrate Independence Cookout	Multiple
2:00p	Celebrate Recovery	Multiple	6:00p	MARA	Empowerment Area
			6:00p	Empowerment and Relief	Recovery Zone
	SUNDAY		7:00p	Common Ground AA	Support Space
5:00p	Regardless Of NA	Living Room			
7:00p	Back to Basics AA	Support Space			
Tuesday July 4			Wednesday July 5		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
	Holiday Hours		9:30a	Coffee and Conversation	Encouragement Café
	4:00p to 8:00p		10:30a	Anger Management	Recovery Zone
6:00p	Healing Minds	Encouragement Café	1:00p	Afternoon Affirmations	Awakening Room
6:30p	SMART Recovery	Empowerment Area	2:00p	Mindfulness	Awakening Room
			6:00p	We Care (Family Support)	Empowerment Area
			7:00p	Alive & Free NA	Living Room
Thursday July 6			Friday July 7		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Cafe	9:30a	Coffee and Conversation	Encouragement Cafe
10:30a	Making Healthy Decisions	Recovery Zone	10:00a	MORE	Recovery Zone
1:30p	Coping with Gaslighting	Recovery Zone	1:00p	Acudetox	Wellness Office
5:00p	POUND Fitness	Support Space	1:00p	Breakthroughs Cruise	
5:00p	Social Safety and Support	Recovery Zone	2:00p	Solid Ground	Awakening Room
6:00p	Strength in Recovery**	Meeting Room B	4:00p	Open Cornhole and Darts Practice	Support Space
7:00p	Hope & Serenity-Al-Anon	Encouragement Café	5:00p	Parenting & Child Development	Recovery Zone
			6:00p	Art Night (Families)	Creativity Commons
			7:00p	Alive & Free NA	Support Space

SEE Recovery Center

July 8– July 14

Saturday July 8

Sunday July 9

Monday July 10

TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
	SATURDAY		9:30a	Coffee and Conversation	Encouragement Café
			1:00p	Afternoon Affirmations	Awakening Room
11:00a	Substance Use Education Series	Living Room	1:30p	Substance Use Education Series	Recovery Zone
1:00p	Yoga	Living Room	6:00p	Pride Support Group	Recovery Zone
2:00p	Celebrate Recovery	Multiple	7:00p	Common Ground AA	Support Space
	SUNDAY		7:30p	LGBTQ+NA	Empowerment Area
12-4p	Rainbow Closet	Support Space			
5:00p	Regardless Of NA	Living Room			
7:00p	Back to Basics AA	Support Space			

Tuesday July 11

Wednesday July 12

TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Café	9:30a	Coffee and Conversation	Encouragement Café
10:30a	Healing Trauma for Women	Recovery Zone	10:30a	Anger Management	Recovery Zone
11:45a	Audio Visual Entrainment	Awakening Room	1:00p	Afternoon Affirmations	Awakening Room
1:00p	Overcoming Depression	Recovery Zone	2:00p	Mindfulness	Awakening Room
1:30p	Progressive Relaxation	Awakening Room	6:00p	We Care (Families)	Empowerment Area
4:00p	Journalling	Empowerment Area	7:00p	Alive & Free NA	Living Room
6:00p	Healing Minds	Encouragement Café			
6:30p	SMART Recovery	Empowerment Area			
7:00p	Music for Recovery	Recovery Zone			

Thursday July 13

Friday July 14

TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Cafe	9:30a	Coffee and Conversation	Encouragement Cafe
10:30a	Making Healthy Decisions	Recovery Zone	10:00a	MORE	Recovery Zone
12:00p	What's Your Love Language	Empowerment Area	1:00p	Acudetox	Wellness Office
1:00p	Afternoon Affirmations	Awakening Room	1:00p	Breakthroughs Cruise	
1:30p	Coping with Gaslighting	Recovery Zone	2:00p	Solid Ground	Awakening Room
5:00p	POUND Fitness	Support Space	4:00p	Open Cornhole and Darts Practice	Support Space
5:00p	Social Safety and Support	Recovery Zone	5:00p	Parenting & Child Development	Recovery Zone
6:00p	Strength in Recovery**	Meeting Room B	7:00p	Alive & Free NA	Support Space
7:00p	Hope & Serenity-Al-Anon	Encouragement Café			

SEE Recovery Center

July 15– July 21

Saturday July 15 Sunday July 16			Monday July 17		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
	SATURDAY		9:30a	Coffee and Conversation	Encouragement Café
11:00a	Substance Use Education Series	Living Room	1:00p	Afternoon Affirmations	Awakening Room
2:00p	Celebrate Recovery	Multiple	6:00p	MARA	Empowerment Area
			6:00p	Empowerment and Relief	Recovery Zone
	SUNDAY		7:00p	Common Ground AA	Support Space
5:00p	Regardless of NA	Living Room			
7:00p	Back to Basics AA	Living Room			
Tuesday July 18			Wednesday July 19– Veteran's Resources		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Café	9a-4p	Veteran Resource Connection	Meeting Room A
10:30a	Healing Trauma for Women	Recovery Zone	9:30a	Coffee and Conversation	Encouragement Café
11:45a	Audio Visual Entrainment	Awakening Room	10:30a	Anger Management	Recovery Zone
1:30p	Overcoming Depression	Recovery Zone	11:00a	Art Day (Adults)	Creativity Commons
1:30p	Progressive Relaxation	Awakening Room	1:00p	Afternoon Affirmations	Awakening Room
4:00p	Journalling	Empowerment Area	2:00p	Mindfulness	Awakening Room
6:00p	Healing Minds	Encouragement Café	6:00p	We Care (Family Support)	Recovery Zone
6:30p	SMART Recovery	Empowerment Area	6:30p	Speak Their Names	Empowerment Area
			7:00p	Alive & Free NA	Living Room
Thursday July 20			Friday July 21		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9a-3p	Family Resource Day	Support Space	9:30a	Coffee and Conversation	Encouragement Cafe
9:30a	Coffee and Conversation	Encouragement Cafe	10:00a	MORE	Recovery Zone
10:30a	Making Healthy Decisions	Recovery Zone	1:00p	Acudetox	Wellness Office
1:30p	Coping with Gaslighting	Recovery Zone	1:00p	Breakthroughs Cruise	
5:00p	POUND Fitness	Support Space	2:00p	Solid Ground	Awakening Room
5:00p	Social Safety and Support	Recovery Zone	4:00p	Open Cornhole and Darts Practice	Support Space
6:00p	Strength in Recovery**	Meeting Room B	5:00p	Parenting & Child Development	Recovery Zone
7:00p	Hope & Serenity-AI-Anon	Encouragement Café	7:00p	Alive & Free NA	Support Space

SEE Recovery Center

July 22– July 28

Saturday July 22 Sunday July 23			Monday July 24		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
	SATURDAY		9:30a	Coffee and Conversation	Encouragement Café
11:00a	Substance Use Education Series	Empowerment Area	1:00p	Afternoon Affirmations	Awakening Room
1:00p	Yoga	Living Room	1:30p	Substance Use Education Series	Recovery Zone
2:00p	Celebrate Recovery	Multiple	6:00p	Pride Support Group	Recovery Zone
			7:00p	Common Ground AA	Support Space
	SUNDAY		7:30p	LGBTQ+NA	Empowerment Area
5:00p	Regardless Of NA	Living Room			
7:00p	Back to Basics AA	Support Space			
Tuesday July 25			Wednesday July 26		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9a-4p	Developmental Screenings	Meeting Room A	9:30a	Coffee and Conversation	Encouragement Café
9:30a	Coffee and Conversation	Encouragement Café	10:30a	Anger Management	Recovery Zone
10:30a	Healing Trauma for Women	Recovery Zone	10:30a	Gatekeeper Training	Empowerment Area
11:45a	Audio Visual Entrainment	Awakening Room	1:00p	Afternoon Affirmations	Awakening Room
1:00p	Overcoming Depression	Recovery Zone	2:00p	Mindfulness	Awakening Room
1:30p	Progressive Relaxation	Awakening Room	6:00p	We Care (Families)	Empowerment Area
4:00p	Journalling	Empowerment Area	6:00p	Hearing Voices Network	Encouragement Café
6:00p	Healing Minds	Encouragement Café	7:00p	Alive & Free NA	Living Room
6:30p	SMART Recovery	Empowerment Area			
7:00p	Music for Recovery	Recovery Zone			
Thursday July 27			Friday July 28		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Cafe	9:30a	Coffee and Conversation	Encouragement Cafe
10:30a	Making Healthy Decisions	Recovery Zone	10:00a	MORE	Recovery Zone
1:00p	Afternoon Affirmations	Awakening Room	1:00p	Acudetox	Wellness Office
1:30p	Coping with Gaslighting	Recovery Zone	1:00p	Breakthroughs Cruise	
5:00p	POUND Fitness	Support Space	2:00p	Solid Ground	Awakening Room
5:00p	Social Safety and Support	Recovery Zone	4:00p	Open Cornhole and Darts Practice	Support Space
6:00p	Strength in Recovery**	Meeting Room B	5:00p	Parenting & Child Development	Recovery Zone
7:00p	Hope & Serenity-Al-Anon	Encouragement Café	7:00p	Alive & Free NA	Empowerment Area

SEE Recovery Center

July 29– August 4

Saturday July 29 Sunday July 30			Monday July 31		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
	SATURDAY		9:30a	Coffee and Conversation	Encouragement Café
11:00a	Substance Use Education Series	Empowerment Area	1:00p	Afternoon Affirmations	Awakening Room
2:00p	Celebrate Recovery	Multiple	6:00p	MARA	Empowerment Area
			6:00p	Empowerment and Relief	Recovery Zone
	SUNDAY		7:00p	Common Ground AA	Support Space
5:00p	Regardless Of NA	Living Room			
7:00p	Back to Basics AA	Support Space			
Tuesday August 1			Wednesday August 2		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Café	9:30a	Coffee and Conversation	Encouragement Café
10:30a	Healing Trauma for Women	Recovery Zone	10:30a	Anger Management	Recovery Zone
11:45a	Audio Visual Entrainment	Awakening Room	1:00p	Afternoon Affirmations	Awakening Room
1:30p	Overcoming Depression	Recovery Zone	2:00p	Mindfulness	Awakening Room
1:30p	Progressive Relaxation	Awakening Room	6:00p	We Care (Families)	Empowerment Area
4:00p	Journalling	Empowerment Area	7:00p	Alive & Free NA	Living Room
6:00p	Healing Minds	Encouragement Café			
6:30p	SMART Recovery	Empowerment Area			
Thursday August 3			Friday August 4		
TIME	NAME OF GROUP/CLASS	ROOM	TIME	NAME OF GROUP/CLASS	ROOM
9:30a	Coffee and Conversation	Encouragement Cafe	9:30a	Coffee and Conversation	Encouragement Cafe
10:30a	Making Healthy Decisions	Recovery Zone	10:00a	MORE	Recovery Zone
1:00p	Afternoon Affirmations	Awakening Room	1:00p	Acudetox	Wellness Office
1:30p	Coping with Gaslighting	Recovery Zone	1:00p	Breakthroughs Cruise	
5:00p	POUND Fitness	Support Space	2:00p	Solid Ground	Awakening Room
5:00p	Social Safety and Support	Recovery Zone	4:00p	Open Cornhole and Darts Practice	Support Space
6:00p	Strength in Recovery**	Meeting Room B	5:00p	Parenting & Child Development	Recovery Zone
7:00p	Hope & Serenity-Al-Anon	Encouragement Café	6:00p	Art Night (Families)	Creativity Commons
			7:00p	Alive & Free NA	Empowerment Area



The S.E.E. Recovery Center

Support, Encourage, Empower

Contact and Access Information:

First Responders, Law Enforcement, and Emergency Department Personnel; please call (540) 825-5656 Option 7 to arrange connection with services at the S.E.E. Recovery Center.

The S.E.E. Recovery Center

710 U.S. Avenue

Culpeper, VA 22701

(540) 825-3366 SEERecovery@rrcsb.org

*Please take the right fork after the railroad tracks and proceed to the lower parking area.

Cory Will – Peer Recovery Services Director

(540) 423-7796 cwill@ecsva.org

Patrice Jackson – S.E.E. Recovery Center Clinical Supervisor

(540) 717-3407 pjackson@ecsva.org

Gaelen Edwards – Community Based Peer Recovery Services Supervisor

(540) 718-4076 gedwards@ecsva.org



Class/Group Descriptions

Class/Group	Description
Acudetox	Acudetox is a five-point acupuncture protocol specifically designed for those struggling with substance use issues. It has been shown to decrease cravings for alcohol and drug withdrawal symptoms, relapse episodes, anxiety, insomnia and agitation.
Audio Visual Entrainment	Audio-Visual Entrainment (AVE) is a technique that uses pulses of light and sound at specific frequencies to gently and safely guide the brain into various brainwave patterns. By altering your brainwave frequencies, you can boost your mood, improve sleep patterns, sharpen your mind, and increase relaxation levels, all with the simple push of a button!
Afternoon Affirmations	Positive statements that affirm something to be true. Sometimes having a little pick-me-up or a reset for the day can help with moving your thinking in a positive direction. This group will teach you how to reframe negative thinking into positive strength-based language.
Alive & Free – NA	Open Narcotics Anonymous meeting which allows families, prospective participants, and other members of the community to be present during the gathering.
* Anger Management	Anger Management for Mental Health and Substance Use is a 12-week cognitive-behavioral anger management group treatment model. The content includes specific instructions and suggested remarks for groups leaders, and exercises for group members. *Meets Legal Requirements
Art Night	Come enjoy an evening of arts and crafts in a sober, safe, and social environment. Activities include paint nights, tie dye activities, and much more!
Back to Basics – AA	Open meeting that deals with the basics of Alcoholics Anonymous are: Stop drinking/drugging, go to meetings, get a sponsor, work the steps, help another alcoholic.
Breakthroughs Cruise	Let's take a ride, let out and let go of the past week, a time to socialize at the library and or local parks
Celebrate Recovery	Celebrate Recovery Is a Christ-Centered, 12 Step Recovery Program for Anyone Struggling with Hurts, Hang-Ups and Habits of Any Kind. Celebrate Recovery is a safe place to find community and freedom from issues that are controlling our life.
Coffee and Conversation	An opportunity for those in recovery to meet and expand their recovery network. Members of the community in recovery that want to connect with others in recovery in an open and welcoming environment are welcome to come!
Common Ground – AA	Open Topic meeting. Anyone present can speak for as long as they like, and there are no rules governing turn-taking, topic adherence, or other constraints on the discussion.
Coping with Gaslighting	Gaslighting is a form of psychological and emotional abuse that causes victims to question their reality, judgement, self-perception and in extreme circumstances, their sanity. Gaslighting can have a ripple effect across your life. This class will help you begin the journey to recovery by helping you identify and understand the effects of gaslighting in your life.
Developmental Screenings	Infant and Toddler Connection staff will be conducting free developmental screenings for children between the ages of birth to 3 years old. These screenings help to catch any developmental delays that are appearing early in the child's life. We will have staff on site to receive and process any referrals should a screening reveal developmental delays.
Empowerment, Relief, and Relapse Prevention	Supporting individuals transitioning from residential treatment by exploring resources available in the area and learning about different recovery pathways to live a self-directed life where they can strive to reach their full potential.

Gatekeeper Training

Just like CPR, QPR (Question, Persuade, Refer) is an emergency response to someone in crisis and can save lives. As part of the Zero Suicide Initiative Rappahannock Rapidan Community Services will be offering monthly QPR Gatekeeper Training to all community members at no cost. The goal of the Gatekeeper training is to reduce suicidal behaviors and save lives by providing innovative, practical, and proven suicide prevention training.

Healing Minds	A support group for people living with Mental Health issues that focuses on coping skills and group support.
*Healing Trauma for Women	Healing Trauma is a brief six session intervention group design to address the unique challenges that women and gender-diverse people with trauma face in a way that is both sensitive and understanding. Session 1: Welcome and Introduction to the Subject of Trauma, Session 2: Power and Abuse, Session 3: The Process of Trauma and Self-Care, Session 4: The ACE Questionnaire and Anger, Session 5: Healthy Relationships and Session 6: Love, Endings, and Certificates.
Hearing Voices Network	Once a month, this peer lead, focused group meets to discuss and destigmatize auditory experiences, hallucinations, intrusive thoughts, and voices. This is a safe place to discuss how these voices help shape our experiences and daily life.
Journalling	Looking for a reason to start journalling? Try these: relieves depression and anxiety symptoms, boosts immune function, assists with post-traumatic stress disorders, helps foster gratitude, enhances learning and critical thinking skills. Participants will try examples of many different journalling styles to determine the format that works best for them
Let's Get Better Together Group LGBTQ+ NA	Let's Get Better Together Group is an open LGBTQ+ NA in person and hybrid meeting that welcomes EVERYONE. Format will rotate between open discussion, Just for Today, and topics that the group decides.
Making Healthy Decisions	Making Decisions, one of the Personal Growth topics of Living Skills, shows participants how to make wise decisions and carry through with them to maintain a healthy life. The four sessions of this topic include: Session 1: Introduction to Making Decisions, Session 2: What's Your Decision-Making Style?, Session 3: Decision-Making Steps and Session 4: Learning from Your Decisions
MARA	Medication-Assisted Recovery Anonymous. Do you use prescribed medication to treat various drug and alcohol use disorders? Many people who utilize evidence-based science to aid in their recovery sometimes feel uncomfortable in their day to day lives. Additionally, a multitude of people on this healing path have even felt unwelcome at traditional recovery meetings. We understand. At Medication-Assisted Recovery Anonymous (MARA), you're always welcome!
Mindfulness	Mindfulness is more than just meditation. Each week we will examine a different form of mindfulness and see how it can be applied to our lives to reduce anxiety and depression. There's also evidence that mindfulness can lower blood pressure and improve sleep. It may even help people cope with pain. (Evidence based on research from the National Institute of Health.)
MORE	My Ongoing Recovery Experience (MORE) is an evidence-based online program to support program participants in the critical months after treatment and move them toward effective self-management. This group uses core education, guidance, and skill-building activities to help participants succeed in initiating and sustaining recovery. This is a three series program that will help to build a stable lifestyle to support recovery, make a daily habit of implementing practices and skills that support recovery. The group offers deeper guidance on putting recovery principles into action and seeing the work pay off in significant personal growth.
Music for Recovery	An interactive process of appreciating and creating music to support recovery. Each session will be focused on creating songs and having participants record music.
Overcoming Depression	This group uses an evidence-based approaches including acceptance and commitment Therapy (ACT), cognitive-behavioral therapy (CBT), and dialectal behavior therapy (DBT), the series offers participants targeted exercises to build skills in managing depression.
Parenting & Child Development	Want to raise confident caring and happy children well this four sessions group can help. These sessions will educate parents on child development and parenting to help them raise confident, caring, and happy children. There are several exercises and information to help parents dive deeper into their parenting styles and how children grow and develop.
POUND Fitness	Channel your inner Rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting

	energized, toning up and rockin' out! The workout is easily modifiable, and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.
PRIDE Support Group	New support group starting for individuals that identify as a sexual/gender minority or an ally. As this is a new group, the direction of the group will be determined by its participants.
Progressive Relaxation Techniques	Want to learn total body relaxation and become more aware of physical sensations. Come join the progressive relaxation techniques group where you will start by tensing and relaxing the muscles in your toes and progressively working your way up to your neck and head.
Regardless Of - NA	Open Narcotics Anonymous literature meeting discussing the readings of Living Clean: The Journey Continues and how we can apply these lessons into our own recovery.
SMART Recovery	Self-management and Recovery Training is a 4-point program that offers specific tools and techniques for each point. People using SMART learn tools and techniques for self-directed change and move towards satisfying lives.
Social Safety and Support	Leaving treatment, incarceration, school, a career path or the isolation of trauma can often leave individuals feeling lost in every day social experiences. How do we create the safety within when things seem unsafe? In this group we share our challenges and coping strategies, support each other with storytelling, and end with a mindfulness exercise
Solid Ground	A series of mindfulness teachings and techniques used to re-center your day. The facilitator will teach you skills to practice on your own when you are stressed or needing to take a moment to be mindful.
Speak Their Names	This is a safe place to show the love we each carry for the children we mourn due to substance use. Here, we embrace your child's memory and erase the stigma surrounding substance use by Speaking Their Names. Every 3rd Wednesday.
Substance Use Education Series	The <i>What You Need To Know</i> series provides education surrounding addictive substances, prevention, and use. The series includes an overview of opioids, meth, nicotine, cannabis, alcohol, cocaine, club drugs, inhalants, and hallucinogens. Each session includes a video that covers different aspects of the substance and its use, a discussion surrounding prevention and use, highlighting facts, and dispelling myths about substances and their use. *Meets Legal Requirements
Veterans Housing Assistance	A representative from the Supportive Services for Veteran Families program of Volunteers of America Chesapeake and Carolinas will be available to screen veterans and their families for housing assistance. They provide rapid rehousing for homeless veterans and homelessness prevention support for eligible veterans and their families.
Veterans Resources	Resource Specialists and Veteran Service Officers will be available from the Virginia Department of Veteran Services and the American Legion to assist Veterans and their Families in accessing resources, services, and programs through local, state, and federal organizations.
We Care	A Family Support group for families and caretakers of someone living with mental health challenges.
What's Your Language	What's Your Love Language? Your answer to this question identifies how you relate to those around you and how you show that you care – in all types of relationships, not just romantic ones. This group helps you discover your love language, and the best way to communicate in the love languages of others. Come and explore which of the 5 love languages you "speak."
Yoga	Free yoga for EVERY BODY! This class is for every level of yoga with modifications offered and new movements explored. Come get mindful and add movement to your day!

Groups with an * are facilitated by a QMHP; an ** denotes a closed group.