



CoveCare  
Center

COUNSELING THAT  
EMPOWERS CHANGE

---

**PROSper  
Group Protocol**

**DATE:** October 1, 2009

**TITLE:** Beautiful Minds

**COMPONENT:** Community Rehab. & Support (CRS)

**SERVICE:** Wellness Self management (WSM)

**POPULATION:** Any PROSper member

**FREQUENCY:** 1x to 2x/week

**DURATION:** 50 minutes

**DESCRIPTION:** Interactive and educational group to develop and use coping skills to manage stress, anxiety and emotions in our daily life. Group members will learn about and experience various alternative therapies, such as meditation, relaxation exercises, guided imagery, breathing techniques, and the connection between the mind, body and spirit. Individuals will be able to learn how to use these skills and others in their lives to assist in recovery from mental illness.

**MODE OF WORK:**

- A. **PURPOSE:** To develop techniques that can reduce stress and anxiety in order to cope with daily life and symptoms.
- B. **GROUP FRAMEWORK:** Discussions, exercises, written material, group exercises, demonstrations, lectures, and personal experiences will be shared in a group format..

**EXPECTED OUTCOME:** Group members will gain insight into coping skills they can use to help better manage stress and symptoms. Members will experience new ways and gain knowledge of different techniques to be able to cope in daily life situations.