



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

**PROSper
Group Protocol**

DATE: October 1, 2009

TITLE: Coping Skills

COMPONENT: Community Rehab. & Support (CRS)

SERVICE: Wellness Self management (WSM)

POPULATION: Any PROSper member

FREQUENCY: 1x /week

DURATION: 50 minutes

DESCRIPTION: to provide group members the opportunity to discuss varied issues and/or events that have had past, present or on-going impact on their lives, with the purpose of exploring and identifying ways of coping and implementing these strategies.

MODE OF WORK:

- A. **PURPOSE:** to provide an opportunity for group members to develop new skills to help them cope with distressing events and issues so that they may handle such situations in a more productive manner in the future.
- B. **GROUP FRAMEWORK:** Discussion, role playing, videos and workbooks may all be used.

EXPECTED OUTCOME: Members will learn ways of coping with stressors and manage symptoms more productively.