



CoveCare  
Center

COUNSELING THAT  
EMPOWERS CHANGE

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**PROSper  
Group Protocol**

**Date:** October 5, 2009

**Title:** Family Friends and Others

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

**Service:** Wellness Self-Management (WSM)

**Frequency:** 1x/week

**Population:** Any member of the PROSper Community

**Duration:** 50 minutes

**Description:** This group will be a discussion-based group that will focus on issues related to interpersonal relationships. Group members will identify and share past and present relationship experiences, and will be supported in learning how to develop and improve healthy interpersonal and socialization skills.

**Mode of Work:**

- A. **Purpose:** To develop and improve interpersonal relationship skills. To identify healthy boundaries and increase self-awareness.
- B. **Group Framework:** Group discussion, role-playing hypothetical/situational scenarios, education.

**Expected Outcome:** Members will be able to develop and improve interpersonal relationship skills, improve self-awareness, establish and maintain healthy boundaries, and develop and improve socialization skills.