

## Weekly Group List (July 2025– June 2026)

### OPEN GROUPS:

Below are the “Open Groups” offered by the Nia Project. The criteria for attending each group are listed in the “**GROUP ELIGIBILITY**” column. Open Groups run weekly except for holidays. There are no space limits, and you do not need to attend these groups every week, unless you want to. For any group listed that you are eligible to attend, you do not need to be approved to attend. To join the group, just go to the Zoom link at the start time of the group. These Zoom links are sent daily to all Nia Project members.

| <b>GROUP NAME</b>                  | <b>GROUP DESCRIPTION</b>   | <b>WEEKLY DAY &amp; TIME OF GROUP</b> | <b>GROUP ELIGIBILITY</b>   |
|------------------------------------|--|---------------------------------------|--|
| <b>Women’s Suicide Support</b>     | Provides positive support, guidance, and healthy coping skills for women with past or current suicidal thoughts and/or attempts  | MONDAY<br>1:00 – 2:00pm               | <ul style="list-style-type: none"> <li>• Female</li> <li>• History of suicide attempts and/or suicidal thoughts</li> </ul> |
| <b>Spirituality</b>                | Helps individuals get in touch with their spiritual selves through identifying values and meanings by which they live  | TUESDAY<br>10:00 – 11:00am            | <ul style="list-style-type: none"> <li>• All individuals</li> <li>• Individuals from all religious are welcome</li> </ul>  |
| <b>ACT for Chronic Pain</b>        | Teaches skills that help individuals manage their chronic pain such as accepting their pain, setting goals, achieving balanced living, and participating actively in medication management and alternative therapies | TUESDAY<br>12:00 – 1:00pm             | <ul style="list-style-type: none"> <li>• All individuals</li> </ul>  |
| <b>Domestic Violence Support</b>   | Offers support and advice for women who are, or have been, in physically, sexually, and/or emotionally abusive intimate relationships  | TUESDAY<br>3:00 -4:00PM               | <ul style="list-style-type: none"> <li>• Female</li> <li>• Past or present experiences with domestic violence</li> </ul>   |
| <b>Expressive Arts and Healing</b> | Offers strategies for managing stress and trauma by coping through fine art, music, dance, theatre, poetry, etc.   | WEDNESDAY<br>10:30-11:45am            | <ul style="list-style-type: none"> <li>• All individuals</li> </ul>  |
| <b>Accessing Resources</b>         | Helps members identify, prioritize, and access the resources they need   | Wednesday<br>12-1pm                   | <ul style="list-style-type: none"> <li>• All individuals</li> </ul>  |

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| <b>Emotion Regulation &amp; Empowerment</b>                  | Helps members feel and understand their emotions, learn skills for emotion regulation, and discuss ways to relate to their emotions in new and helpful ways                                 | WEDNESDAY<br>1:00 – 2:00pm   | <ul style="list-style-type: none"> <li>• All individuals</li> </ul>  |
| <b>Relationships</b>   | Helps members develop and sustain healthier and more positive relationships   | WEDNESDAY<br>2:30 – 3:30pm   | <ul style="list-style-type: none"> <li>• All individuals</li> </ul>  |
| <b>Healthy Lifestyles (Nutrition &amp; Mindful Movement)</b> | Provides education and support to help people improve their overall health and well-being by encouraging members to be actively engaged in and aware of their choices                       | THURSDAY<br>12:00pm – 1:00pm | <ul style="list-style-type: none"> <li>• All individuals interested in a healthy lifestyle</li> </ul>                  |
| <b>Co-Ed Suicide Support</b>                                 | Provides positive support, guidance, and healthy coping skills for adults with past or current suicidal thoughts and/or attempts  | THURSDAY<br>1:30-2:30PM      | <ul style="list-style-type: none"> <li>• All individuals</li> <li>• History of suicide attempts or thoughts</li> </ul> |
| <b>Open Process</b>  | Offers a safe space for members to discuss and process current or past events in the news, ongoing topics of interest or anything they would like to talk about in a supportive environment | FRIDAY<br>12:00pm – 1:00pm   | <ul style="list-style-type: none"> <li>• All individuals</li> </ul>  |

## REFERRAL GROUPS:

We also offer “Referral Groups” that require your regular attendance. You must attend WEEKLY unless you have an authorized absence. You also must be in weekly individual therapy or willing to be in weekly individual therapy. Attendance at these groups requires (1) participating weekly in one of the Open Groups at least 3 weeks in a row, (2) being referred by a Nia team member, and (3) meeting the group eligibility requirements. If you are authorized to attend a Referral Groups but there are no open spaces (all Referral Groups limit the number of people who can attend) you will be placed on a waitlist. In addition, some Referral Groups may require you to wait to start until the next group cycle begins. If this is the case, you will be notified when you can start. Zoom links will be sent to members of each of these groups only.

| GROUP NAME  | GROUP DESCRIPTION   | WEEKLY DAY & TIME OF GROUP   | GROUP ELIGIBILITY   |
|---|---|------------------------------|---|
| <b>Cognitively Based Compassion Training (CBCT)</b> | Teaches contemplatives exercises to strengthen and sustain compassion toward oneself and others   | MONDAY<br>10:00 – 11:00am    | <ul style="list-style-type: none"><li>• All individuals</li></ul> |
| <b>Acceptance and Commitment Therapy (ACT)</b>      | Helps people accept the present, change their relationship with their thoughts and emotions, practice being non-judgmental, identify their values, find purpose, and live a value-based life                | MONDAY<br>11:45am – 1:00pm   | <ul style="list-style-type: none"><li>• All individuals</li></ul> |
| <b>Empowerment and Community Engagement</b>         | Provides support and guidance related to working toward personal goals in the community, focuses on community engagement through volunteering and working, and offers resources to support such involvement | MONDAY<br>6:00 – 7:00pm      | <ul style="list-style-type: none"><li>• All individuals</li></ul> |
| <b>DBT 1</b>  | Focuses on developing skills in the following areas: being more “in the moment” (mindfulness), dealing with crises (distress tolerance), managing emotions (emotion regulation), and developing/maintaining | WEDNESDAY<br>3:30pm – 4:45pm | <ul style="list-style-type: none"><li>• All individuals</li></ul> |

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|  | healthy relationships (interpersonal effectiveness)   |                              |  |
| <b>Survivors Group 1</b>                 | Teaches strategies and skills for coping with traumatic memories and offers women the opportunity to process some of their childhood trauma with the support of the group   | THURSDAY<br>2:00pm – 3:30 pm | <ul style="list-style-type: none"> <li>• Female</li> <li>• History of significant interpersonal trauma during childhood</li> </ul> |
| <b>DBT 2</b>                             | Focuses on developing skills in the following areas: being more “in the moment” (mindfulness), dealing with crises (distress tolerance), managing emotions (emotion regulation), and developing/maintaining healthy relationships (interpersonal effectiveness).  | THURSDAY<br>3:00pm – 4:15pm  | <ul style="list-style-type: none"> <li>• All individuals</li> </ul>  |
| <b>Survivors Group 2</b>                 | Teaches strategies and skills for coping with traumatic memories and offers women the opportunity to process some of their childhood trauma with the support of the group   | FRIDAY<br>9:00am – 10:30am   | <ul style="list-style-type: none"> <li>• Female</li> <li>• History of significant interpersonal trauma during childhood</li> </ul> |
| <b>Coping Through Art</b>                | Offers strategies for managing stress and trauma through creating and sharing art with supplies that are provided   | FRIDAY<br>10:45am -12pm      | <ul style="list-style-type: none"> <li>• All individuals</li> </ul>  |
| <b>Women of Color Exploration (WOCE)</b> | Facilitates exploration of racial/ethnic identity and related issues (e.g., discrimination, intersectionality), increases skills related to coping with race/ethnicity-related stressors, applies race/ethnic-related theories to “real life” experiences, and fosters a deeper sense of connection to members’ communities | FRIDAY<br>2:00pm – 3:00pm    | <ul style="list-style-type: none"> <li>• Female</li> <li>• African American or Black</li> </ul>                                    |

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| <b>Grief</b> | Teaches strategies for healing from grief and loss by engaging group members in exercises and discussions that facilitate the tasks for morning | FRIDAY<br>3:30 – 4:30pm | <ul style="list-style-type: none"><li>• All individuals</li></ul> |
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