

# Robin's Hope Online Groups

**\*the next best thing\***

**\*UPDATED 9/21/20\***

## **How to attend:**

1 – You can download the zoom app at no cost on your phone, tablet, or computer

- Create a profile in zoom
- Click Join Meeting
- Type in the Unique Zoom Meeting ID (773 407 3441) and Password (12345)

2 – or Go to our website [www.robinshope.com/services/](http://www.robinshope.com/services/) and click on the link for the zoom meeting you want to attend at the appropriate time.

- we have heard preferably on a chrome browser

3 – or Call in using this number 1-646-558-8656

- When prompted type in the appropriate Meeting ID (773 407 3441) and Password (12345) for the group you are attending at the correct time.

**\*Please note** – Please use mute when not talking to help with background noise while in groups.\*

**\*Please note** – Everyone will need to acknowledge themselves in the group – for privacy purposes\*

**FREE TO ATTEND – ONLY ONE REQUIRES REGISTRATION**

**When/Where: Meeting ID # 773-407-3441 Password 12345**

## **Monday Groups –**

- Check In (1-2pm)
- Brene' Brown Book Study (3-4pm)
- Boundaries Group (4:30-5:30pm)
- RISE! Resilience Based Support Group (6-8pm)

## **Tuesday Groups –**

- Check In (1-2pm)
- Seeking Safety (6-8pm)

## **Wednesday Groups –**

- The Body Keeps the Score (11:30am-12:30pm)
- Life Skills Group (1-2:30pm)
- Check In (3:30-4:30pm)
- RISE! Resilience Based Support Group (6-8pm)
- Healing from Abortion – **Registration Required** (7-9pm)

**( You will find the registration for this group at [www.robinshope.com/services/](http://www.robinshope.com/services/) )**

## **Thursday Groups –**

- Space to Grieve & Grow – 5-week Journaling Workshop starting Oct 1<sup>st</sup> (10am–12pm)
- Check In (1-2pm)
- The Artist Way Book Group (2:30-3:30pm)
- Understanding Diagnosis (4-5pm)

## **Friday Group –**

- Friday Check In (2-4pm)

## **Sunday Groups –**

- Music Group (2-3:30pm)
- Art – Repurposed Resilience: Making Breaking Beautiful (4-5:30pm)
- Movie Night (6:30-8:30pm) – Third Sunday every Month



Website – <https://www.robinshope.com>

Facebook - <https://www.facebook.com/robinshopeptrc>

## Description of Groups

- **Check In Groups** – These groups are available Monday – Friday. This is a peer-led group where we get to support one another in the ups and downs of life. Struggling through COVID-19, just want to feel connected, hear that you aren't alone, etc.? We walk together. By the way, you may see other friendly faces in the other groups.
- **Brene' Brown Book Group** – This group focuses on the work of Brene' Brown. Her books talk a lot about shame, vulnerability, empathy, authenticity, etc.. You're not required to buy the book. Just show up, follow along as we discuss the various topics that come up.
- **Boundaries** – This group is exactly what it says. The boundaries group goes in all kinds of directions as it relates to the topic. This topic could never be exhausted. Bring your boundary struggles here.
- **Seeking Safety** - This group is for anyone struggling with trauma & substance use struggles. It is an evidence-based group. This group will use one aspect of it focusing in on the coping skills. For more info here's their website - <https://www.treatment-innovations.org/seeking-safety.html>
- **The Body Keeps the Score** – We come together to dive a little deeper into the world of trauma, how our body holds it, and various approaches that may help process and release trauma. This is a book group.
- **Life Skills** – You never know what's going to come at you in this group. It's not just the basics. We're talking communication, relationships, emotions, finances, planning, etc...
- **RISE! Resilience-Based Support Group** – If you want to know you're not alone with trauma and it's impact in our own worlds, then this is the place. Each individual is what makes this group amazing. \*We do go deep at times\* We don't typically stay in deep places all the time. If you want to laugh, really belly laugh, this groups gets wild from time to time.
- **Healing from Abortion** – This is a safe space to talk in regarding this topic. Lived experience is required. You are not alone. There is a registration for this group in order to keep it extra safe. You will find the registration on the website with this group name. [www.robinshope.com/services/](http://www.robinshope.com/services/)
- **A Space to Grieve & Grow** – A 5-week journaling group that focuses on individual grief, loss, healing, strengths, and resources using journaling & discussion.
- **The Artist Way Group** – This is another book group, but it's also a way of life. It opens a creative side of you that you may think didn't exist. There's no pressure in this group. Come follow along in this journey.
- **Understanding Diagnosis** – Come be authentic about various mental health struggles and learn more about how it impacts us and ways we can live life successfully with it. Topics change from week to week. This comes from a more clinical background, but your presence and involvement changes it all.
- **Music Group** – Was it a rough week? Maybe you want to tackle something in the next week? Bring a song that speaks to you regarding where you're at right now. Everyone gets to share a song.
- **Art – Repurposed Resilience: Making Breaking Beautiful** – Each week there will be an art activity that encourages artistic expression in a supportive accepting atmosphere. Doing all of this mostly with what you have on hand at home.
- **Movie Night** – Every 3<sup>rd</sup> Sunday we will be playing a movie on Zoom and provide available time for discussion. So grab your popcorn and get all snuggly and join us for a movie.

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