



Peer Specialist Facilitated Groups

Groups Facilitated by Bei-Min:

Emotions Anonymous, Bingo, Depression Bipolar Support Alliance, N.A, Women's Group, NAMI Connections, Dual Diagnosis, Anger Management, Karaoke, Cooking, Fun & Games, Schizophrenia Alliance, Job Search Basics, Time of Gratitude, Anxiety Management, First Steps to Work, Karaoke, Professional & Personal Growth, Art Journaling, Happy Feet

Groups Facilitated by Brian:

Depression Bipolar Support Alliance, Walk to Lunch, NAMI Connections, A.A, Life in Process, Music Jam, Learn Guitar, Community Meeting, Grief Support, Emotional Resilience, NAMI Connections, Aging Gracefully, Community Meeting, Mock Interview Skills, Schizophrenia Alliance, Karaoke, Healthy Relationships, Time of Gratitude

Groups Facilitated by Mani:

Coping Skills, Men's Group, Basic Spanish, Art Social, Depression Bipolar Support Alliance, NAMI Connections, Stress Management for Personal Growth, Expressive Watercolors, Art Journaling, Self Rejuvenation, Work Stress Management, Time of Gratitude, Boundaries/Co-dependency, Job Search Basics, Professional & Personal Growth, Wellness Recovery Action Plan

Peer Specialist Driver Facilitated Groups

Groups Facilitated by Jason:

Outdoor Fitness, Disc Golf, Bowling, Outings, Garden & Explore, South County Outreach Food Distribution, Sports Talk Positive Thinking, Art Social, Healthy Relationship, Meditation, Time of Gratitude, Art Journaling, Positive Thinking, Fun and Games, Bingo

Employment/Education Specialist Facilitated Groups

Groups Facilitated by Nathan:

Employment & Education Support, Learn to Meditate, Park Adventures, Re-Entering the Workforce, First Step to Work, Job Seek to Worker, Mock Interview Skills, Work Goal Achievement, Art Social, Cardplaying, Fun and Games,

Operations Manager Facilitated Group

Groups Facilitated by Zakia:

Decompress with Yoga, Women's Group

Program Director Facilitated Groups

Groups Facilitated by Raul:

Chat with M.A.B, Sports Talk

Groups Co-facilitated by Members:

- ✦ Global Knowledge ~ **Member**
- ✦ Art Social ~ **Member**
- ✦ Crochet - **Member**

Update on 8/3/2026