

## Cognitive Behavioral Therapy (CBT) Skills Group for ID/DD

**Starts:** July 13<sup>th</sup>, 2022

**When:** Wednesdays, 4:30 - 5:30 p.m.

**Length:** 12 weeks (no group 8/10)

**Location:** Reach for Resources Office

The CBT Skills System is a 12-week, DBT-informed course designed for individuals with developmental/intellectual disabilities. This course teaches skills in emotional coping, safety, positive communication, problem solving and relationship care. The goal of this course is to help individuals be more effective communicators in their homes, at work and in relationships with others, as well as help individuals to better tolerate strong emotions and handle stressful and unpredictable situations that may arise.

The Skills System was developed to help people organize internal feelings and external experiences in a way that decreases discomfort and problematic behaviors, while increasing positive affect and goal-directed actions. The curriculum is delivered through weekly, one-hour group sessions, written and visual materials, group processing and discussion. Individuals learn how to evaluate risky situations and create safety plans that aid in problem solving and avoiding the urge to take impulsive actions.

Learn more: [reachforresources.org/Counseling](https://reachforresources.org/Counseling)

## Cognitive Behavioral Therapy (CBT) for Anxiety & Depression

**Starts:** July 12<sup>th</sup>, 2022

**When:** Tuesdays, 3:00 - 4:00 p.m.

**Length:** 12 weeks (no group 8/11)

**Location:** Reach for Resources Office

This is a 12-week, CBT informed group designed for people experiencing anxiety or depression in their everyday lives. Using a mindfulness-based approach, this group will learn skills to recognize negative or anxious thoughts, feelings and behaviors that lead to emotional distress and impact their home life, relationships, work and overall well-being. Group members will learn strategies to replace automatic negative thoughts with more helpful, positive and balanced thinking. Group members will also learn strategies to cope with difficult emotions and build resiliency.

Learn more: [reachforresources.org/Counseling](https://reachforresources.org/Counseling)



## Who is Reach for Resources?

Reach for Resources is a nonprofit that empowers people of all-abilities to reach their full potential. This is done by providing individualized services that maximize independence, boosts community engagement and improves physical and emotional well-being. Reach supports individuals throughout the Twin Cities and surrounding suburbs and offers four different service areas: Adaptive Recreation & Inclusion, Community Living Services, Case Management and Mental Health Services. To learn more, visit: [reachforresources.org](https://reachforresources.org).