

Zepf Health & Wellness Groups

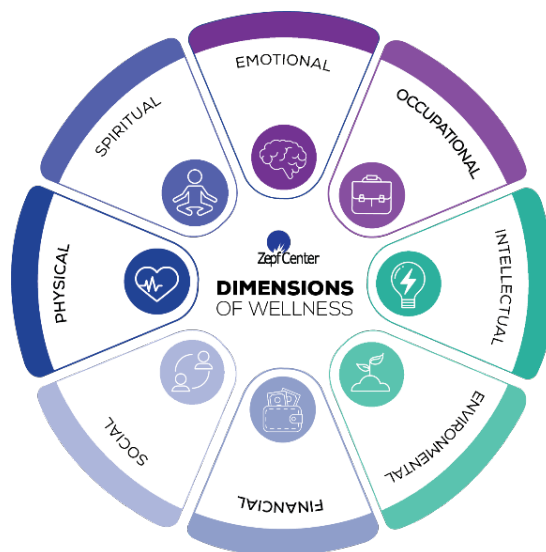
| May 2025 | | | | |
|--|---|---|---|---|
| Mon | Tue | Wed | Thu | Fri |
| | | | 1 Coping with Emotions: 12-1:30pm C | 2 Artistically Visualizing Recovery: 10:30-12pm C Keep Calm & Carry Yarn: 1-2:30pm N |
| 5 Sit and Be Fit: 11:30 am–12:30 pm A Budgeting for Beginners: 1-2 pm C Alternative Coping Skills: 10-11:30 am C | 6 Crafting & Coping: 10:30- 12pm C Artistically Visualizing Recovery: 1:30-3pm N Nurturing Parenting: 2- 3:30pm A | 7 Grief & Loss 10-11:30am C Anger Management: 1- 2:30pm A | 8 Coping with Emotions: 12-1:30pm C | 9 Artistically Visualizing Recovery: 10:30-12pm C Keep Calm & Carry Yarn: 1-2:30pm N |
| 12 Sit and Be Fit: 11:30 am–12:30 pm A Budgeting for Beginners: 1-2 pm C Alternative Coping Skills: 10-11:30 am C | 13 Crafting & Coping: 10:30- 12pm C Artistically Visualizing Recovery: 1:30-3pm N Nurturing Parenting: 2- 3:30pm A | 14 Grief & Loss 10-11:30am C Anger Management: 1- 2:30pm A | 15 Coping with Emotions: 12-1:30pm C | 16 Artistically Visualizing Recovery: 10:30-12pm C Keep Calm & Carry Yarn: 1-2:30pm N |
| 19 Sit and Be Fit: 11:30 am–12:30 pm A Budgeting for Beginners: 1-2 pm C Alternative Coping Skills: 10-11:30 am C | 20 Crafting & Coping: 10:30- 12pm C Artistically Visualizing Recovery: 1:30-3pm N Nurturing Parenting: 2- 3:30pm A | 21 Grief & Loss 10-11:30am C Anger Management: 1- 2:30pm A | 22 Coping with Emotions: 12-1:30pm C | 23 Artistically Visualizing Recovery: 10:30-12pm C Keep Calm & Carry Yarn: 1-2:30pm N |
| 26 MEMORIAL DAY Zepf offices closed, 24/7 Services Available | 27 Crafting & Coping: 10:30- 12pm C Artistically Visualizing Recovery: 1:30-3pm N Nurturing Parenting: 2- 3:30pm A | 28 Grief & Loss 10-11:30am C Anger Management: 1- 2:30pm A | 29 Coping with Emotions: 12-1:30pm C | 30 Artistically Visualizing Recovery: 10:30-12pm C Keep Calm & Carry Yarn: 1-2:30pm N |
| <p>Each group is followed by a “C”, “N”, or “A”.</p> <p>C = Central N = Nebraska A = Ashland</p> | | | | |

Zepf Therapy Groups

| May 2025 | | | | |
|--|--|--|---|---|
| Mon | Tue | Wed | Thu | Fri |
| | | | 1 Dungeons & Dragons for Social Skills: 3-4:30p.m. C | 2 Anger Management: 9-10:30 a.m. C |
| 5 | 6 Dungeons & Dragons for Social Skills: 10-11:30 a.m. C | 7 DBT Skills: 2-3:30 p.m. C | 8 Dungeons & Dragons for Social Skills: 3-4:30p.m. C | 9 Anger Management: 9-10:30 a.m. C |
| 12 | 13 Dungeons & Dragons for Social Skills: 10-11:30 a.m. C | 14 DBT Skills: 2-3:30 p.m. C | 15 Dungeons & Dragons for Social Skills: 3-4:30p.m. C | 16 Anger Management: 9-10:30 a.m. C |
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What are Health & Wellness groups?

- Zepf's Health & Wellness groups provide education on positive coping skills to manage mental health symptoms and community-based support to provide an environment to help you thrive. These weekly groups help participants reflect on the 8 Dimensions of Wellness (see below image) to identify areas to grow and provide the skills to do so. By building on this foundation, participants' medication management, therapy, substance use counseling, and other services will be more effective!
- All Health & Wellness groups require a referral from a provider (i.e. doctor, RN, therapist, case worker) before attending.
- The facilitator of the group will contact you as soon as the referral is received to provide information and invite you to participate.
- Zepf Center Locations/Meeting Points: Nebraska (905 Nebraska Ave), Central (6605 W Central Ave), Ashland (2005 Ashland Ave).



What are Therapy groups?

- Zepf's Therapy groups are facilitated by a licensed mental health or substance use clinician to provide education, guide participants through the stages of change, and process trauma. Our therapy groups provide a safe and supportive environment to help you thrive. By attending regularly, your medication management, therapy, SUD counseling, and other services will be more effective!
- All Therapy groups require a referral from a provider (i.e. doctor, RN, therapist, case worker) before attending.
- The facilitator of the group will contact you as soon as the referral is received to provide information and invite you to participate.
- Zepf Center Locations/Meeting Points: Nebraska (905 Nebraska Ave), Central (6605 W Central Ave), Ashland (2005 Ashland Ave).

Zepf Center Adult Health & Wellness Groups

Please see Health & Wellness Group Calendar for current days/times of programming or reach out to the group facilitator for additional information.

Artistically Visualizing Recovery

Group Facilitators: Tina Knight and Melaina Abec

- *Artistically Visualizing Recovery* focuses on participants' unique experiences with mental health issues by taking an artistic approach to expressing emotions, discovering new and creative ways of coping, and finding ways to visualize what recovery means to each person. In this group, clients are exposed to many different types of art forms and encouraged to develop their own unique form of visual expression and symbolic communication.
 - Goals: Increase self-esteem and positive self-worth and feeling by actively participating in the art process and through the introduction to new art experiences and projects. Create a safe environment and positive atmosphere for verbal and nonverbal expression and encourage continued participation in recovery. Educate clients on feelings and emotions and how to utilize the art process as a means of expression and coping. Learn about Sanctuary, the universality of trauma, and how a diverse set of tools can help improve resiliency.
 - Referral required
 - This group is for clients with a mental health diagnosis

Keep Calm and Carry Yarn

Group Facilitator: Jeanette Felker

- *Keep Calm and Carry Yarn* is open to clients who love crocheting or want to learn more about it! Learn the basics of crocheting, bring your own skills to share, and develop new ones in this 8-week group. You may even bring your own project if you are already working on one!
 - Goals: Increase social support, decrease isolation, decrease anxiety & depression by keeping the mind focused and hands busy, enhance knowledge of coping skills to decrease anxiety and depression through group discussions. Learn about Sanctuary, the universality of trauma, and how a diverse set of tools can help improve resiliency.
 - Referral required
 - This group is for clients with a mental health diagnosis

Crafting & Coping

Group Facilitator: Tina Knight

- *Crafting & Coping* is an 8-week, 90-minute group that explores how crafting can support positive mental health. Participants will be introduced to a new crafting project each week and will learn how these coping skills support their Intellectual and Occupational Dimensions of Wellness. A safe and supportive environment will be provided in order to facilitate setting new goals, learn new skills, and relieve stress.
 - Goals: Increase self-esteem and positive self-worth through the experience of creating something new. Create a safe environment and positive atmosphere for verbal and nonverbal expression and encourage continued participation in recovery. Educate clients on feelings and emotions and how to utilize crafting as a means of expression and coping. Learn about Sanctuary, the universality of trauma, and how a diverse set of tools can help improve resiliency.
 - Referral required
 - This group is for clients with a mental health diagnosis

Coping with Emotions

Group Facilitator: Alyson Kelch

- *Coping with Emotions* is an 8-week, 90-minute group that explores how to identify emotions, learn what they may be telling us about our needs, and implement strategies to express our emotions in healthy ways. Each session, a new topic is discussed, and participants are encouraged to share their ideas, support, and positive feedback with one another to cultivate a supportive peer group and environment.
 - Goals: Learn new strategies to cope and regulate emotions, increase social interactions with others, enhance feelings of well-being and self-esteem, identify and practice skills for healthy communication. Learn about Sanctuary, the universality of trauma, and how a diverse set of tools can help improve resiliency.
 - Referral required
 - This group is for clients with a mental health diagnosis

Alternative Coping Skills

Group Facilitator: Mary Beth Watkeys

- *Alternative Coping Skills* is a 90-minute Wellness group that provides psychoeducation, support, and skill development. Participants will process life issues that are impacting their ability to function independently in the community due to mental health diagnosis; build social skills with peers; learn to problem solve; learn about mental health symptoms and improve their ability to be proactive rather than reactive to issues and concerns. Different topics will be discussed based on the season: seasonal change and mood, extreme weather and being prepared for an emergency, celebrating holidays in a new perspective, understanding changes to benefits and how to handle, mental health diagnosis and symptomology, reviewing coping strategies and skills.
 - Goals: Enhance knowledge of how our mental health impacts our lives, develop new positive coping skills, learn positive communication skills, improve feelings of well-being. Learn about Sanctuary, the universality of trauma, and how a diverse set of tools can help improve resiliency.
 - Referral required
 - This group is for clients with a mental health diagnosis

Coping with Grief and Loss

Group Facilitator: Mary Beth Watkeys

- *Coping with Grief and Loss* is a 90-minute, weekly group that will focus on developing peer relationships and learning how to positively apply coping strategies into everyday life. The group will focus on how to be open to others' experiences while finding commonality and ways to incorporate a wide range of experiences to help with one's own personal grief. *Coping with Grief and Loss* will work towards building a rapport and trust amongst the participants and facilitator by discussing experiences, mental health struggles, and how to move forward.
 - Goals: Enhance knowledge of how grief and loss impact our mental health, develop new positive coping skills, learn positive communication skills, improve feelings of well-being. Learn about Sanctuary, the universality of trauma, and how a diverse set of tools can help improve resiliency.
 - Referral required
 - This group is for clients with a mental health diagnosis

Anger Management

Group Facilitator: Zach Duvall

- Zepf offers a co-ed anger management group that utilizes an evidence-based curriculum, as well as other interventions. Participants will learn the difference between anger and aggression, the fight-or-flight response, cues and warning signs that we are starting to feel angry, behavioral and cognitive coping skills to cope with anger, and assertive communication skills to solve problems without using aggression.
 - *Note: Zepf's anger management class focuses solely on anger and aggression, not power and control. It is not appropriate for domestic violence perpetrators.*
 - *Note: Certificates of completion for court mandates will be provided for participants who attend 8 sessions within 90 days.*
 - Goals: Learn new strategies to cope and regulate emotions, enhance awareness of cues for anger, enhance feelings of well-being and self-esteem, identify and practice skills for healthy communication. Learn about Sanctuary, the universality of trauma, and how a diverse set of tools can help improve resiliency.
 - Referral required
 - This group is for clients with a mental health diagnosis

Nurturing Parenting Group

Group Facilitators: Bobbi Constantinoff

- Nurturing Skills for Families is an innovative model of the Nurturing Parenting Programs that is designed to provide flexibility to meet the needs of families with children ranging in age from Prenatal to 19 years old. Nurturing Parenting group develops tools and techniques based off of 5 constructs expectations of children, developing empathy, appropriate discipline, appropriate family roles and empowering children.
 - Goals: Learn about child development, the impact of violence on children, anger management for all ages, discipline, and parenting styles. Learn about Sanctuary, the universality of trauma, and how a diverse set of tools can help improve resiliency.
 - Referral required
 - This group is for clients with a substance use or mental health diagnosis

Zepf Center Therapy Groups

Please see Therapy Group Calendar for current days/times of programming or reach out to the group facilitator for additional information.

DBT Comprehensive Central

Group Facilitator: Leah Marty, LPCC-S

- *DBT Comprehensive* is for those with a mental health diagnosis who would benefit from learning skills around Mindfulness, Distress Tolerance, Interpersonal Effectiveness, and Emotional Regulation in order to build a life worth living.
 - Goals: Build a life worth living and develop skills to manage day to day experiences.
 - Referral required to Leah Marty, 400 – Adult DBT Comprehensive Therapy
 - This group requires a pre-treatment phrase to determine program readiness, 2 hours of group a week, 1 hour of individual DBT coaching/therapy a week, daily diary card tracking, homework assignments, and phone coaching.
 - This group is for clients with a mental health diagnosis

D&D for Social Skills

Group Facilitator: Nick Mueser

- *D&D for Social Skills* is a 12-week, 90-minute group in which group members will learn group problem solving, decision making, positive social interactions, frustration management, and conflict resolution skills by way of a game of Dungeons & Dragons. Group members will work together using the unique perspectives and skillsets they and their characters provide to overcome obstacles, solve puzzles, fight monsters, and save the day. This group also provides a framework for positive social supports in a controlled environment by providing group members with a structured social event to look forward to throughout the week.
 - Goals: Learn to work together in a cooperative play environment, increase social interactions with others, reduce social anxiety and feelings of isolation, learn to be a support for other players to ensure that everyone is having fun, learn to resolve conflicts and compromise

in a healthy way, exercise creativity, contribute to group storytelling, and play well with others.

- Referral required to Hannah Mickael, 400 – Adult Office Based Therapy
- This group is for clients with a mental health diagnosis