



Peer Specialist Facilitated Groups

Groups Facilitated by Bei-Min:

Emotions Anonymous, Bingo, N.A, Women's Group, Whole Person Health, Anger Management, Train for You Best Life, Dual Diagnosis, Cooking, Fun & Games

Groups Facilitated by Dina:

Fun & Games, Boundaries/Co-dependency, Healthy Relationships, Anxiety Management, Neighborhood Clean-up, Fundamental of Farsi, Yoga, Anxiety Management, Walk to Lunch, Karaoke, Love Yourself, Self-Empowerment

Groups Facilitated by Brian:

Depression Bipolar Support Alliance, A.A, Art Doodling, Music Jam, Aging Gracefully, Walk to Lunch, , NAMI Connections, Grief Support, Emotional Resilience, Learn Guitar, Life in Process

Groups Facilitated by Dax:

Art Social, LGBTQ+ Support, Creative Hour, Water Color, Art Journaling, Chair Yoga OCD Support, Depression Bipolar Support Alliance, Around the World, Creative Writing

Groups Facilitated by Miguel:

Coping Skills, Bingo, Men's Group, Basic Spanish, Karaoke, Creative Hour, Crocheting, Depression Bipolar Support Alliance, Life in Process

Peer Specialist Driver Facilitated Groups

Groups Facilitated by Shannon:

Outdoor Fitness, Disc Golf, Bowling, Men's Group, Schizophrenia Alliance, Outings, Garden & Explore, South County Outreach Food Distribution, PTSD Support

Employment/Education Specialist Facilitated Groups

Groups Facilitated by Nathan Green:

Employment & Education Support, Learn to Meditate, Role Playing Games, Park Adventures, Job Club, Benefits Workshop

Lead Peer Specialist Facilitated Groups

Groups Facilitated by Alex Guevara:

Wellness Recovery Action Plan (WRAP), Pathways to Recovery, NAMI Connections, Schizophrenia Alliance, Train for Your Best Life, Card Playing Games

Team Lead Peer Specialist Facilitated Groups

Groups Facilitated by Jason:

Community Meeting, Depression Bipolar Support Alliance, Chat with M.A.B, M.A.B. Meeting Sports Talk, Evening Social

Groups Co-facilitated by Members:

- ✚ Around the World ~ **Member**
- ✚ Art Social ~ **Member**
- ✚ Depression Bipolar Support Alliance (Saturday) ~ **Member**
- ✚ Card Playing Games ~ **Member**
- ✚ Fun & Games (Tuesday) ~ **Member**
- ✚ Sports Talk ~ **Member**
- ✚ Schizophrenia Alliance (Saturday) ~ **Member**