

**Support**

**Monday**

## Asking for Help

Learn how to reach out more often, and more effectively towards others.



**Wednesday**

## Community Resources

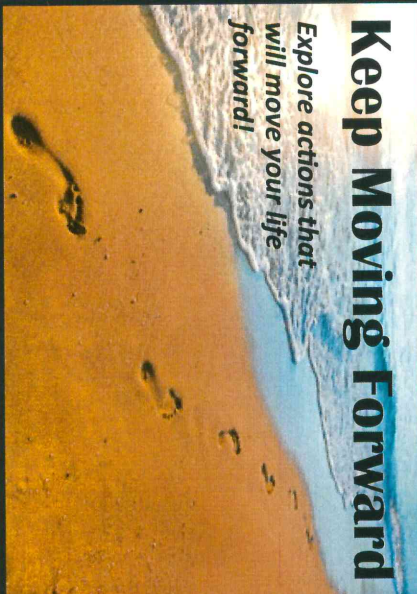
A list of national resources is discussed to aid in your continuing treatment and recovery.



**Friday**

## Keep Moving Forward

Explore actions that will move your life forward!



In addition to our in-person mental health treatment programs, we also provide telehealth options.

Our programs use the evidence-based curriculum

### Seeking Safety.

designed for adults coping with mental health issues who would benefit from education and group therapy. Our current schedule is 9:30 A.M. - 12:30 P.M., Tuesday, Thursday and Friday (days and times subject to change).

Nursing, case management support, and monthly consultations with a psychiatrist are included.



For more information contact  
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## C.A.R.E.S. Telehealth Intensive Outpatient Program

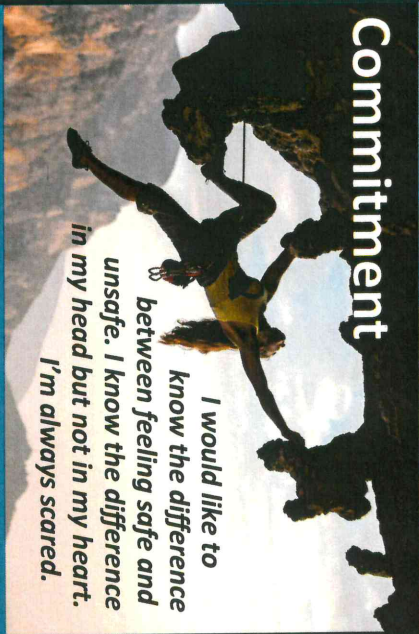


# Positive Behaviors

Monday

## Commitment

I would like to know the difference between feeling safe and unsafe. I know the difference in my head but not in my heart. I'm always scared.



Wednesday

## Compassion

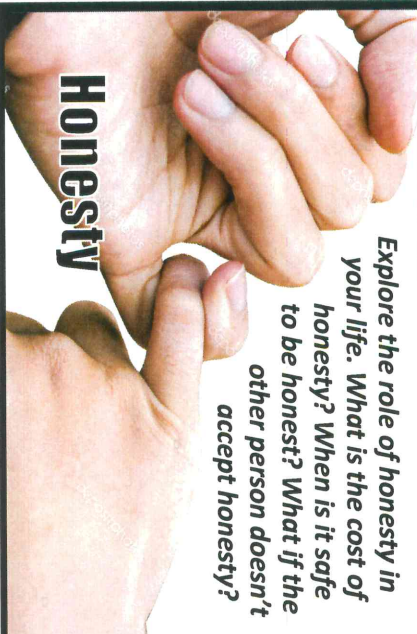
Replace destructive self-talk with self-compassion.



Only a loving stance toward the self produces lasting change.

Friday

Explore the role of honesty in your life. What is the cost of honesty? When is it safe to be honest? What if the other person doesn't accept honesty?



## Honesty

# Constructive Thinking

Monday

It is human nature to create meaning from life experiences. Explore the difference between harmful and healing meanings.

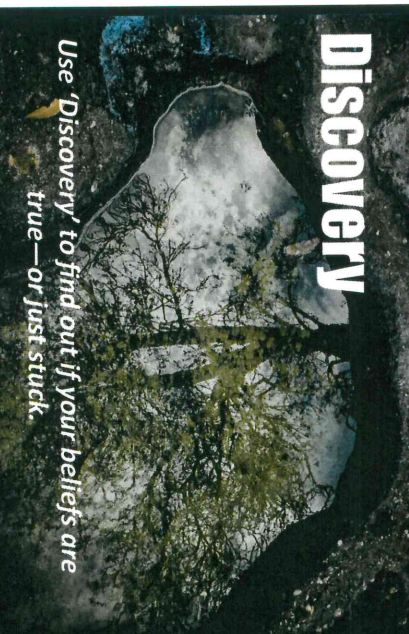


## Create Meaning

Wednesday

## Discovery

Use 'Discovery' to find out if your beliefs are true—or just stuck.

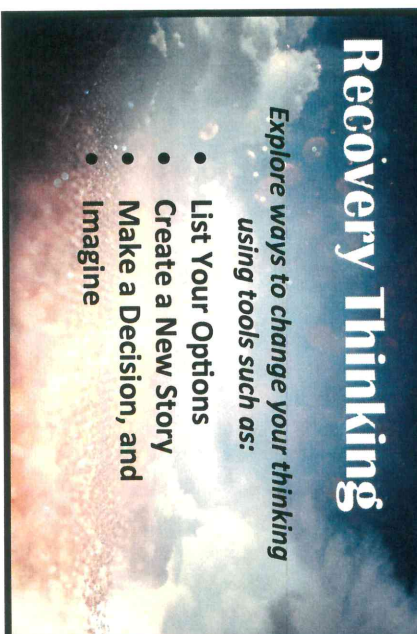


Friday

## Recovery Thinking

Explore ways to change your thinking using tools such as:

- List Your Options
- Create a New Story
- Make a Decision, and
- Imagine



# Boundaries

Monday

## Healthy Relationships

Explore healthy and unhealthy beliefs about relationships.

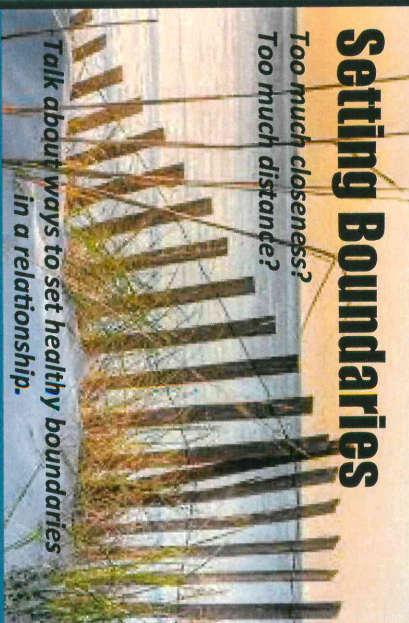


Seek understanding and solutions, not blame.

Wednesday

## Setting Boundaries

Too much closeness? Too much distance?



Talk about ways to set healthy boundaries in a relationship.

Friday

## Getting Others to Support Your Recovery

Explore how to elicit support from important people in your life.

