

Support & Wellness Groups

Fall-Winter 2025

SBH | Psychiatry | Substance Use | Child & Family | Primary Care BH | Groups

Groups Title	Description of Group Objective	Location
Beginning Mindfulness for Daily Living	In this 6-week group, practice grounding and mindfulness exercises to help stabilize symptoms and improve daily coping.	1616 Cornwall Ave, Kulshan Room Bellingham
Compassionate Care for Complex Pain	In this group, connect with others, share support, and learn skills to navigate complex pain with resilience and compassion.	1616 Cornwall Ave, Kulshan Room Bellingham
Dialectical Behavioral Therapy Skills	Join a DBT group to reduce mental health symptoms while building mindfulness, distress tolerance, emotion regulation, and communication skills.	1616 Cornwall Ave, Bellingham, 6060 Portal Way, Ferndale or Zoom
Embodied ACTION	Learn mindfulness practices, stress awareness, and calming techniques using ACT and somatic approaches to support growth and values-based living.	1616 Cornwall Ave, Kulshan Room, Bellingham
Intuitive Eating	In this 10-week group, explore the 10 principles of Intuitive Eating to build freedom, balance, and a healthier relationship with food.	6060 Portal Way, Hovander Room Ferndale & 220 Unity Schayes Conference Room
Just for Today	In this group, patients with SUD will connect with peers, share experiences, and learn solution-focused strategies to prevent relapse and strengthen your recovery process.	1616 Cornwall Ave, Kulshan Room Bellingham
Lifestyle	This 12-14-week program supports healthy lifestyle changes through skill-building, emotional wellness, and social support, emphasizing balance over rigid weight-focused approaches.	220 Unity, Schayes conference room
Seeking Safety	Learn evidence-based skills for PTSD or substance use, including boundary setting, self-compassion, self-soothing, and strategies to support recovery.	6060 Portal Way, Hovander Room, Ferndale
Tapping into Creativity	In this 12-week group, you'll use creative art techniques with a licensed art therapist to express yourself and manage symptoms.	1616 Cornwall Ave, Kulshan Room Bellingham
Values in ACTION	Explore ACT skills to manage difficult thoughts and feelings, clarify values, and make more purposeful, meaningful choices in daily life.	1616 Cornwall Ave, Kulshan Room Bellingham

If you're interested in joining, please talk with your counselor about what might be a good fit for you.



Find out more here
[unitycarenw.org/
groups-classes](https://unitycarenw.org/groups-classes)

