

Support & Wellness Groups

Spring-Summer 2026

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

Groups Title	Description of Group Objective	Location
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
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
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
Transforming Act of Forgiveness	In this group, practice noticing and changing self-defeating thoughts to reduce anxiety, build confidence, and improve your overall well-being.	1616 Cornwall Ave, Kulshan Room Bellingham
Cognitive Behavioral Therapy for Psychosis	An 8-week group combining CBTp and solution-focused strategies to help manage distressing thoughts, set goals, and build coping skills in a supportive, stigma-free space.	1616 Cornwall Ave, Kulshan Room Bellingham
Teen Art Therapy	Use art to explore your emotions, build coping skills, and connect with peers who get it in this 6 weeks group.	1616 Cornwall Ave, Kulshan Room Bellingham
Women in Recovery	A supportive space to explore what matters most in your recovery: community, relationships, self-care, and growth.	Zoom

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

