

# **REACH UP PSYCHO-EDUCATIONAL SKILLS DEVELOPMENT GROUP**

Facilitated by Eli Burke, M.Ed, MSW

## Overview:

The focus of this developmental 12-week women's skills group will be on self-realized empowerment. Through breaking isolation, joining with peers in connective support and developing social efficacy in a relational setting, participants can move to a job readiness built upon internal strengths and self confidence. Group membership, education and mutual aid will offer much needed support to women and enable them to build resiliency towards social, physical, environmental and emotional stressors. They can then clear a path and begin to think what was unthinkable before.

Methods of intervention will include interactive dialogue, didactic presentations, journaling, and expressive arts therapy

## Topics Included:

1. Identifying and practicing appropriate boundary formation
2. Assertiveness skills
3. Sowing seeds of self compassion
4. Communication skills: active listening, negotiation, cooperation, sharing
5. Conflict resolution
6. Self Care: nutrition, hygiene, exercise, sleep habits, medical/psychological support, body image issues
7. Developing a positive self-narrative: reframing and affirmations
8. Coping strategies to delay gratification
9. Mind/Body connection: stress reduction and relaxation techniques
10. Creativity in the home, work and inner life
11. Juggling it All: sharing skills in time management, parenting and coping strategies
12. Forming, recognizing and maintaining healthy relationships
13. Identifying community resources and supporting self propelled future steps in job readiness

