



Hope and health in the community

CONSUMER EDUCATION GROUPS

Anger Management: Learn ways to stay in control. This class is offered twice monthly.

Coffee & Conversation: This one-time monthly group features a guest speaker, an overview of the CMH system and other essential information!

Consumer Recruitment: This 6 session training teaches consumers to work in policy making on boards, committees and work groups.

Employment Training: Learn how to apply, interview and keep a job in this one-time class offered throughout the year.

Entitlement Education Training: Learn about several entitlement programs in this one-time group offered throughout the year.

Independent Living Training: This 4 session training will teach about living on your own. **Money Management** is one session of Independent Living and can be attended as a stand-alone group.

Movie Day: Enjoy a movie once a month with popcorn, punch, information and assistance.

Mystery Shopper Program: Checks the CMH network to assure we provide accurate information and great customer service.

Newsletter Committee: Contribute to the consumer newsletter. Committee meets monthly.

Recovery Group: Learn to identify and set of goals for a better quality of life and to maintain recovery. This is a 6 week series. **Stress Management Group** is one session of the Recovery Group and can be attended as a stand-alone group.

Self Esteem Group: Learn ways to improve your self esteem in this 6 session support group with an on-going group for graduates.

Stop Smoking: This 8 session course offers ways to quit and improve your health.

You can attend as many groups as you like. To get more information or to sign up, call or come in to:

Customer Services

Open Monday – Friday from 8 am to 5 pm

Located on the Frist Floor

810-257-3705, 866-211-5455, 810-257-1346 TTY

You can also get information and sign up at our website:

www.genhs.org