

NIAGARA VISIONS PROS

COURSE DESCRIPTIONS

52H 52 Healthy Changes CRS/BLST

One healthy change per week can change your life forever. Taking the course can help you make changes that can occur at a manageable pace. Small changes every week will move you forward, so by the end of the year you will see your life transformed in comparison to how it was when you began.



AHP About Happiness CRS/WSM

Happiness is not just a matter of feeling good. Stop struggling and start living. Instead of teaching new techniques to pursue happiness, this course teaches ways to undermine struggle, avoidance, and loss of the moment. We lead our lives ruled by many unhelpful and inaccurate beliefs about happiness — ideas widely accepted by society because ‘everyone knows they are true’. Join this class to find a way to well living.

AVD Advanced Directives CRS/WSM

Would like to have control over what happens to you should you not be able to speak for yourself? Defining your wishes on paper will let others know how to direct health professionals, in case this should happen. This class is offered to help you sort through what you want and do not want medically and psychiatrically should the time present itself when you are unable to do so.

AM Anger Management CRS/WSM

This class is a comprehensive 12 session course designed to learn how to manage anger effectively, stop violence, develop self-control over thoughts and actions, and receive support from others. A certificate of completion will be awarded upon successful completion of the course (must attend at least 10 sessions to receive certificate).

ANX Anxiety Issues CRS/WSM

Do you suffer from panic attacks? Do you get nervous going to a grocery store or being around a lot of people? This course is design to give you a better understanding of what anxiety and panic attacks are, and provide tips to help overcome its paralyzing effect.



ART Art for Mental Health CRS/WSM

This group is open to anyone interested in doing art. A variety of materials are available including: watercolor, acrylic paint, tempera, colored pencils, and markers, the instructor has a teaching degree in Art Education, so instruction is available as well. Art Therapy is often used for group discussion on various topics. This class is limited to 12 people so sign up quickly.

ASR Art for Stress Reduction CRS/WSM

Art is a powerful tool to reduce stress. When a person expresses themselves through the art process they are able to put on paper the expression of what is going on inside. So then as the person expresses themselves they are able to get out those troubling emotions they may be experiencing, thus reducing the stress those things have on a person's life.

AST Assertive Training CRS/BLST

Communicating effectively means communicating assertively and being able to identify what we need or want in an assertive manner. In this class you will learn to communicate in a firm yet non-threatening and comfortable manner. During this course participants will learn different types of behavior styles, what type of behavior style they have been using, and how to make communication style changes that support their recovery efforts.



BON Boundaries CRS/BLST

Ever feel like people overstep their boundary with you, get into your space, use you, treat you in ways that you feel uncomfortable? These are boundary issues.

This course will teach you what boundaries are, and how they can affect people. You will explore how people overstep boundaries with you and how you may be overstepping the boundaries of others.

BSE Building Self-Esteem CRS/WSM

Decisions are the tools people use to create the type of life they desire. The quality of your decisions affects your self-esteem and the contentment you have in your life. By making good decisions you can move closer to your dreams. Is it time to take personal responsibility for where you go in your life?

CHE Choosing Healthy Eating CRS/BLST

Find out the facts when it comes to nutrition. Are you getting adequate nutrients for your body? What do the guidelines say? What about weight? Find answers to these questions and more. The way we eat can affect us mentally. Learn how to manage stress wisely. Learn to know how much you are eating and take a look at portions and servings. Develop a plan to improve eating habits.



CLE Community Living Exploration CRS/CLE

This course is designed to help individuals explore and understand the demands of specific roles in the community. Participants will be exploring various community environments, off-site, which may include places of learning, working, living or leisure. Locations will be announced and those interested may sign up to go.

COV Conversation Skills CRS/BLST

Can you carry on a conversation beyond saying “How are you”? It can be difficult to make friends when you don’t know what to say. Learn the keys to carry on good conversations. You will have the opportunity to practice in this group to prepare you to carry on a good conversation beyond 5 minutes.

COP Coping Skills CRS/WSM

Participants will identify life events and daily hassles that effect everyday living, working, attending school or having relationships. Individuals will explore and identify signs of stress and strategies for coping. Many coping techniques will be explored in order to give the student a variety of methods that they can choose from that will work for them.



COP Alternative Coping Techniques CRS/WSM

Explore a wide variety of healing modalities that are available for anyone who is on a journey leading toward optimal wellness. Many of these mind-body-spirit techniques compliment or integrate within mainstream health care.

CWC Coffee with Carla CRS/WSM

This is a group offered for participants to express any problems they are going through currently. Participants will be able to express anxiety, fear, anger, or frustration in a healthy environment. The group is primarily discussion and may offer suggestions of what has helped them. Coffee is served.



CPR Coping Rap Session CRS/WSM

Coping Rap is devoted to allowing participants express their frustrations and struggles in a healthy environment. As individuals express different experiences they currently face suggestions and self-help methods will be offered.

EDS College Entrance IR/IRGA

This class is for anyone who is planning on entering college in the near future. Participants will be assisted in completing the required documentation necessary for entrance, and explore Financial Aid that is available. Participants will be assisted in setting up appointments for a tour of the college, and with an Admissions Advisor. Participants can also be assisted in linkage to ACCES-VR, and in creating of a PASS Plan. Participants will also learn study skills and strategies. Participants may enter this class at any time.



CNR Conflict Resolution CRS/WSM

Everyone hates conflict, but in this group participants will come to understand how to resolve conflicts using a step by step approach to help it be less threatening. Participants will learn how to look at different perspectives and come to a resolution both parties can accept.

CRE Creative Compromise CRS/BLST

Learning the art of compromise with others is key to solving problems. Techniques in conflict management will be discussed. You will learn creative ways to solve your everyday problems. There will be opportunity to practice in the class.

DAT Dating CRS/BLST

Dating can be difficult, no matter how old you are. When is the right time to ask someone out, and where is a good place to go for a first date? Should I wait for a call or is it alright to call the other person? What about paying for the meal, or can I expect they will pay for it. What about expectations? This is just too much to think about, so come to this group and learn the dos and don'ts of dating. Build your confidence.



DWG Dealing With Grief or Loss CRS/WSM

The heartache and pain of a loss still has a profound effect in your life. Weather it is the loss of a loved one, a divorce, loss of a job, or something else in your life, grieving that loss can be overwhelming. This group will help you to have a better understanding of grief and to work on the dealing with your grief, so you can once again have a productive life.

EMP Employment Readiness IR/IRGA

This group is designed to assist people who are entering the work force. Needs and barriers will be identified, then an action plan will be developed. Participants will write a resume, learn how to write a cover letter, learn interviewing techniques and will be linked to job searching opportunities in the community.



EMO Emotional Control CRS/WSM

How do you deal with anger, hurt, sadness, or anxiety? Sometimes emotions can encompass us until we feel paralyzed. Learn a method to help you cope with negative emotions and reduce the intensity of their effect. In this class you will learn a step-by-step approach to organize your thought process, look at evidence and ways of thinking that may be getting in the way of rational thinking.



EXP Expressing Feelings/Opinions CRS/BLS

Do you ever have trouble telling people how you feel when you have been impacted with intense emotions over something that was said or done? This class will teach you a method of coming across in a way that you will feel comfortable and in control when dealing with strong emotion. Have you ever had an opinion but felt helpless in bringing it across in a way so you do not look or feel stupid? This class will also teach you a method for stating your opinion so you can feel confident and knowledgeable.

FM Financial Management CRS/BFM

Learn how to properly budget your income and expenses and still have money at the end of the month. You will learn how to create a spending plan to make sure you pay your bills, while having enough money to do things socially, or enjoy activities that you desire to participate in throughout the month. We will complete budgets together, and learn how to properly utilize this skill.



FIN Checking Account Skills CRS/BFM

In this class you will learn how to write checks, keep a checkbook register, and balance a statement.

IDDT Taking Action* IR/IDDT

This group is aimed at helping to develop an understanding of how substance use and mental health symptoms combined affects your life. The goal is to become motivated to work on reducing use of substances, achieve abstinence, and maintain sobriety. Activities will focus on fostering recovery from mental health and substance use.

*Must be enrolled in PROS Clinic

FRS Fresh Start* IR/IDDT

This class will educate the individual in the different substances on the market today and their effects on mental illness.

*Must be enrolled in PROS Clinic.

GUS Getting Unstuck CRS/WSM

Wish you could actually DO something? Anything? Learn about self-defeat and gain insight and strategies to overcome obstacles in your life. Sort out your values and what is important to you. What do you want to accomplish in your life?



HFI How to Fit In CRS/BLST

Ever feel like an alien on the planet, and like you never fit in socially? You've felt like a misfit all your life? This class will teach you various ways gain friends. There are techniques you can learn that will help you to become part of the group and feel more comfortable and confident in social settings.

RP Intensive Relapse Prevention IR/RP

This group is offered for those participants who are currently experiencing acute symptoms, or are having trouble managing symptoms. This class is to help prevent a hospitalization, loss of housing, or involvement with the criminal justice system. This class is also for those who have just had a relapse and are returning from a hospitalization. Participants may enter this group at any time.

LFT Life Traps CRS/WSM

This course deals with a trauma that has happened to people and works on the barriers or life traps it produces. You may have experienced a traumatic event or childhood trauma that occurred over a period a time. In this course you will identify the behaviors that are connected with it. The participant will then develop coping strategies and a plan to help them overcome the life trap.

MBP Managing Bipolar CRS/WSM

In this course you will learn various causes of bipolar and identify your early warning signs. The participant will learn treatment options, medications used to treat bipolar and coping strategies to deal with symptoms.



MDP Managing Depression CRS/WSM

In this course you will learn various causes of depression, identify your early warning signs, and different ways to change negative thinking. The participants will develop a daily maintenance plan and monitor their moods in order to examine triggers. Medications and treatment available will be explored,.



MSA Managing Schizoaffective CRS/WSM

In this course you will learn various causes of schizoaffective disorder and identify your early warning signs. Participants will explore the connection between mood and schizophrenia. Treatment options and medications will be discussed.

MSZ Managing Schizophrenia CRS/WSM

In this course you will learn various causes of schizophrenia and identify your early warning signs that may lead to relapse. The participant will explore symptoms and treatment options and medications available.

MSF Managing Self-Defeat CRS/WSM

Do you find you never get your dream in life? Do you ever feel like nothing good will ever happen to you, or if it does something bad will come along to wipe out the good? This is called self-defeat or self-sabotaging behavior. In this course you will come to a greater understanding of what self-sabotaging is and how it is working in your life to keep you from attaining your goals.

MED Medication Management CRS/WSM



Learn the names and purpose of your medications and any side effects that may occur. Learn techniques to remind yourself to remember to take medications when you are supposed to. Learn how to keep yourself healthy mentally.

MPH Mental and Physical Health CRS/BLS

In this group there will be various topics of discussion. Included are diabetes, carbohydrates, salt intake, heart health, the liver, and other topics dealing with health and how your mental health can be effected. Participants are encouraged to bring their questions.



MDE Making Decisions CRS/BLS

Do you make good decisions? If you have trouble figuring out the best solutions, come to this course. Participants will learn a step-by-step method to making good decisions every time. It's not just about pros and cons. This works!

MHE Mental Health Education CRS/W

This group is designed to help individuals with a mental health diagnosis understand how the diagnosis is arrived at, symptoms, treatments, coping and recovery practices.

MVS Motivation Strategies CRS/BLST

Don't feel like doing anything? Don't even feel like getting up in the morning? Can't get motivated to do something in life? Where do I start? This is the question we often ask ourselves. This class is designed to get you motivated. You will learn strategies that you can apply to get back on track to a productive life and achieving the goals you have in life.

MUS Music for Stress Reduction CRS/WSM

We all know that music has a tremendous effect on us. It can soothe or make us feel happy, add to our sorrow or make us think about life and relationships. This group will explore various genres of music to give participants a wider view of what they can use as a method to reduce stress in their lives.



NTR Nutrition/Exercise CRS/BLST

This course is designed to give participants a greater understand of nutrition. Discussion topics include, portion control, the effect of salt, carbohydrates, potassium, and fats. You will gain a better understanding of the information on labels. Various healthy snacks will be explored. The connection between mental health and nutrition will be discussed.

PAR Parenting CRS/BLST

Parents learn skills to: Increase positive behavior, avoid conflicts, encourage cooperation, respond to aggression, set priorities, solve problems. Parents will share ideas with other parents, talk about common problems, learn about useful community services, and watch helpful DVDs.



POS Positive Thinking CRS/WSM

You can see situations as either opportunities or problems. This course will work with you in changing your perspective in order to have a more fulfilling and joyful life. Learn eight techniques including: The flipside, play your winners, simplifying, and five more techniques. Each technique is explained and you will get a chance to practice it in the class.



PRB Problem Solving CRS/WSM

Ever wonder how people seem to be able to solve their problems every time something comes up? How do people know what to do? Learn a method that will make problem solving much easier. You can be more confident in solving problems after you take this class.



REC Recovery Inc. CRS/WSM

This course will teach you the basic concepts and language of Recovery Inc. which will enable you to participate in Recovery Inc. self-help groups in the community. The class will explore the meaning of Angry and Fearful temper and tools that can be used to help you get through the trivialities of daily living. These tools and how they can be used will be put into practice in the class.

RFR Refusing Requests CRS/WSM



Do you ever have trouble saying “no” to others who ask you for something or ask you to do something you really do not want to do? If so this is the course for you. You will learn techniques to say no in a way that is polite yet firm.

REV Recovery: Putting Your Life Together CRS/WSM

This class takes a look at how to put a recovery plan into effect. It involves sorting out various parts of your life to establish short and long term goals. Barriers will be identified. You can dream and begin to put a plan in order to accomplish it.

RLS Relationships CRS/BLST

What you always wanted to know more about relationships but were never taught. In this class you will learn how to build relationships from casual friends. The group will discuss common myths about relationships and red flags to watch out for in forming relationships. Exploration of common barriers to relationship growth, and how expectations can influence feelings toward others, will be a topics of discussion among many other topics related to relationships of any kind.



SMC Smoking Cessation IR/IDDT

This program is designed for those who wish to quit or reduce smoking. You will learn how to handle cravings, and what you can substitute for smoking. Learn tips on how to plan for ways that will help you. Topics will also cover what aids are available to help you.



SOC Social Interactive Exercises CRS/BLST

Through interactive exercises participants will learn cooperation skills, team building skills, conversing skills, friend making skills and more. Put to practice what you have learned in your other classes. Each week the exercise will be explained and you will have specific skills to work on. Participants may enter this class at any time.

SPR Spirituality CRS/WSM

This class is based on the Christian faith. Participants will discuss and learn how to cope with problems by applying Biblical principles to their lives.



SM Stress Management Techniques CRS/WSM

Individuals will explore stress management styles and get answers about stress. Individuals evaluate their own coping and stress managing skills. Discover the role that poor self-esteem plays in creating distress. Analyze the drainers and energizers in your life. Are you continually exhausted? Find out how to limit your assistance to others. Learn the skill of anchoring to reduce stress.

SUC Successful Solutions CRS/WSM

This group explores ways to look into the solutions to problems in a variety of ways. You will learn to be more solution focused instead of problem focused.

TKB Taking the Bus CRS/BLST

Having trouble getting around? Have anxiety when you even think of a bus. This course will solve both of those problems.



You will learn how to read bus schedules, the cost, and various places in the community that you can get to by bus. There will be bus trips taken as a group so you can become familiar with the experience in order to reduce anxiety. You will have the opportunity to get a reduce rate bus pass.

THW Thinner Winner CRS/BLST

Do you remember the popular TV show “The Biggest Loser”? Well this is a new and better twist for thinking of losing weight. In this course you will learn about foods that are nutritious and ways to incorporate them into your diet. You will learn various techniques to help you lose weight and the various villains to weight loss. Individuals may be weighed if they choose to follow their weight loss.

MSP Managing Stress and Problems CRS/WSM

This group will discuss how stress is a normal part of life, and discuss types of stress and the impact on symptoms of mental illness. Participants will learn a method for problem solving, because if we can manage our problems more effectively we can reduce our stress.



UTR Understanding Your Treatment CRS/WSM

This is a group designed to help you learn about your treatment. Understand how brain chemical imbalance takes place. Learn about different medications for mental illness and how they work and what side effects may occur. These and more are just a few of the topics that will be explored in this course. Gain a better of your medication and treatment!



WRAP Wellness Recovery Action Plan (WRAP) CRS/WSM

What happens when you relapse? Do you have to go to the hospital? We all know that is usually something you do not want to have to do, but then how do you avoid it? This course was developed to do just that. Participants will develop a wellness toolbox, and daily maintenance plan. Triggers and early warning signs will be identified. Participants will discuss crisis planning. Being prepared with a plan is the best way to avoid hospitalization. Develop your plan through this course.

WSM Wellness Self-Management CRS/WSM

Explore the areas of self and how to live a more healthy lifestyle. The class will take a look at areas such as mental illnesses, staying well, medications, leisure, employment plans, education and relationships. There will be discussion in the class with suggestions and strategies to maintain wellness.

**Make goals,
dream big,
live with passion**

