

Adult Alumni Groups at Charlie Health



New to the Charlie Health Alumni Community and want to learn more?

Join one of our Alumni Orientation Sessions for an overview of the program and learn how to get connected to groups!

Log into the Care Center to find upcoming orientation times and get started.

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Adult Alumni Groups at Charlie Health

Monday

12:00pm MT

Adult 18+ Monday Process Group

Peer Process

Continue to stay in community with other Charlie Health Alumni while building your toolbox of skills and strategies. There is no formal theme or curriculum for this group, but it will center around emerging topics attendees bring to the group. If the group would like to center on one specific topic, participants are welcome to do so.

Adult 18+ Monday Body Doubling

Skills and Well-Being

Are you neurodivergent, or do you have trouble staying focused enough to finish big tasks or detailed projects? Join us for our body doubling support group, which offers guidance and accountability to help you complete your tasks and achieve your goals. Body doubling can increase focus, reduce anxiety, and provide you with the motivation you need to take on and complete tasks or projects.

Adult 18+ Mindful Monday

Skills and Well-Being

Join for a weekly pause to practice being present and chill out for a moment.

3:00pm MT

Adult 18+ Monday Self Compassion

Skills and Well-Being

The Mindful Self Compassion group is based on the research and work of Kristen Neff, PhD. Kristen Neff has created a workbook and program that she describes as, "a proven way to accept yourself, build inner strength, and thrive." Join us to learn to embrace yourself and your imperfections and grow the resilience you need to thrive!

Adult 18+ Trivia

Interests and Workshops

Join us for a lively and engaging Trivia Hour! Test your knowledge across a variety of fun topics, from pop culture and history to science and beyond. Work solo or in teams, enjoy friendly competition, and connect with others in a relaxed and entertaining group setting. Perfect for all trivia enthusiasts!

Adult 30+ Navigating Workplace Challenges

Skills and Well-Being & Identity

Join us for a supportive and skill-building space where you can process workplace struggles, celebrate successes, and learn strategies to overcome obstacles and build a fulfilling career. This group is open to alumni who are 30 years of age or older.

4:00pm MT

Adult 18+ Monday BINGO

Interests and Workshops

Join fellow alumni for a weekly chance to have some fun and play an all-time favorite game, BINGO. Weekly BINGO is open to all adult alumni.

Adult 18+ Read With Us: Standing Book Club

Interests and Workshops

Join our Alumni Book Club and dive into a new book each month alongside fellow alumni. We meet once a week for 4–5 weeks to reflect, share, and connect through thoughtful discussion. To find out the current book pick and sign up, email alumni@charliehealth.com—registration opens on the 15th of each month for the following month's group.

Adult 18+ Monday Process Group

Peer Process

Continue to stay in community with other Charlie Health Alumni while building your toolbox of skills and strategies. There is no formal theme or curriculum for this group, but it will center around emerging topics attendees bring to the group. If the group would like to center on one specific topic, participants are welcome to do so.

6:00pm MT

Adult 18+ Substance Use Disorder Group

Peer Process

This group is a safe and non-judgmental space for alumni who struggle with substance use disorders and could use support and a space in which to connect. Join us on Mondays to process challenges and share triumphs in the journey to recovery.

Adult 18+ Lego Club

Interests and Workshops

The Charlie Health Alumni Lego Group serves to be a social space for individuals who enjoy using Legos or other forms of building blocks. The group can discuss dream projects, showcase current projects, and engage in bonding over shared interests. Alumni who are interested in getting connected with the Charlie Health Lego community are encouraged to join!

Adult 18+ Mindful Improv

Interests and Workshops

Want to build your spontaneity? Or feel more confident in your expression? In this group, you will learn to play and connect with others without a preplanned script, boldly and creatively. It is an opportunity to support others and yourself, while gaining practice facing the unknowns of life. Above all, we learn how to work through the unknown, deal with change, and go with the unexpected.

7:00pm MT

Adult 18+ Monday Non-Clinical DBT

Skills and Well-Being

This group offers a setting for attendees to discuss and navigate their DBT skill use in a warm and supportive non-clinical community. DBT skills, like skills from the mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness modules, are open for discussion and practice in this group. It is required that participants have a basic understanding and/or familiarity of DBT skills prior to attending this group.

Adult 18+ Monday Knitting and Crochet

Interests and Workshops

Join our Knitting & Crochet workshop! This group is made for all ability levels and fiber art modalities. If you are new to crocheting or knitting, this is the perfect group to ask questions and learn some of the basics from fellow yarn artists.

Adult 18+ Monday Neurodivergent

Peer Process & Identity

Do you self-identify or have a diagnosis that aligns with neurodivergence? Are you looking for a community of peers to support and process? Look no further! Join us every Monday at non-clinical Neurodivergent Support & Process Group. This group is a neurodivergent affirming space for neurodivergent identified alumni to connect, chill, and share art, interests, stories, and fun times together. You don't need a formal neurodivergent diagnosis or prior neurodivergent-specific treatment to join this group.

Tuesday

10:00am MT

Adult 18+ Tuesday AM Process Group

Peer Process

Continue to stay in community with other Charlie Health Alumni while building your toolbox of skills and strategies. There is no formal theme or curriculum for this group, but it will center around emerging topics attendees bring to the group. If the group would like to center on one specific topic, participants are welcome to do so.

Adult 18+ Guided Creative Expression

Interests and Workshops

Tap into your inner child and explore self-expression through art, movement, and imagination. Each week, the group facilitator will offer a creative theme to inspire reflection, connection, and play. No artistic experience is needed—just come as you are and enjoy the process of creating in a supportive and judgment-free space.

12:00pm MT

Adult 18+ Tuesday Process Group

Peer Process

Continue to stay in community with other Charlie Health Alumni while building your toolbox of skills and strategies. There is no formal theme or curriculum for this group, but it will center around emerging topics attendees bring to the group. If the group would like to center on one specific topic, participants are welcome to do so.

Adult 18+ Queer to Queer Support Group

Peer Process & Identity

Spend time in a supportive community with other alumni who hold identities in the LGBTQIA+ community while supporting each other in healing.

Adult 18+ Paws and Play

Interests and Workshops

Bring your furry, feathered, or scaly friends along for some therapeutic companionship in this group. From engaging in playful activities to participating in discussions with support from your pet, this group focuses on the healing power of our animal companions. Join us for pet parades, animal shows, and creative activities tailored to highlight your relationship with your pet!

3:00pm MT

Adult 18+ Creative Relaxation Hour

Interests and Workshops

This group offers opportunities for relaxation through creative writing, exploring imagery through music, and self-discovery exercises that utilize art and music. No music knowledge or skills are required as we will have time for self-reflection and creativity. Depending on the attendees, we may explore some creative writing, group storytelling, or activities for self-discovery through the arts or music.

Adult 18+ Healthy Relationships

Skills and Well-Being

Join us in strengthening and improving our relationships! This will be a space to explore our relationships, their healthy and unhealthy characteristics, and ways to engage in positive relationship dynamics. We will explore our relationships (with friends, family, partners, and self) using attachment theory and non-violent communication to promote deep understanding and effective problem-solving.

Adult 18+ Bullet Journal & “SketchNoting”

Interests and Workshops

In this group, we use bullet journaling and “sketchnoting” to capture ideas, improve learning retention, and enhance everyday productivity. Whether you're a beginner or an experienced enthusiast, you're welcome to join us!

4:00pm MT

Adult 18+ Pregnancy and Postpartum

Peer Process & Identity

Pregnancy and postpartum changes can be challenging to navigate alone. Come connect with others in this perinatal support group, facilitated by a pregnancy and postpartum expert. We will build community, brainstorm on creative problem-solving tools, and have some fun. Babies in arms are welcome!

Adult 18+ Tuesday Process Group

Peer Process

Continue to stay in community with other Charlie Health Alumni while building your toolbox of skills and strategies. There is no formal theme or curriculum for this group, but it will center around emerging topics attendees bring to the group. If the group would like to center on one specific topic, participants are welcome to do so.

Adult 18+ Creative Writing

Interests and Workshops

What's your story? Join our weekly creative writing workshop, where we will create space to define our narratives, tell our stories, and share our experiences through creative writing, narration, and storytelling. During this time, group members will be guided through various principles, activities, and techniques surrounding creative writing through a recovery-minded approach.

6:00pm MT

Adult 18+ Healing Circle for Native Americans

Peer Process & Identity

This group is focused on Native American people or Native American descendants to help start a dialogue on the ongoing healing of generational wounds. Additionally, it aims to provide a safe space to discuss the struggles and challenges of the Native American community in the 21st century. This group is open for alumni who identify as Native American.

Adult 18+ Tuesday Body Doubling

Skills and Well-Being

Are you neurodivergent, or do you have trouble staying focused enough to finish big tasks or detailed projects? Join us for our body doubling support group, which offers guidance and accountability to help you complete your tasks and achieve your goals. Body doubling can increase focus, reduce anxiety, and provide you with the motivation you need to take on and complete tasks or projects.

Adult 18+ DID Social Hour

Interest and Workshops & Identity

A welcoming social group for individuals with dissociative disorders and systems to come together, express themselves, and have fun in a supportive environment. This space encourages creativity through art, writing, and collaborative projects while also offering the chance to play games, share stories, and build meaningful connections with others who understand the unique experiences of being a system.

Adult 18+ Tuesday Neurodivergent

Peer Process & Identity

Do you self-identify or have a diagnosis that aligns with neurodivergence? Are you looking for a community of peers to support and process? Look no further! Join us every Tuesday at non-clinical Neurodivergent Support & Process Group. This group is a neurodivergent affirming space for neurodivergent identified alumni to connect, chill, and share art, interests, stories, and fun times together. You don't need a formal neurodivergent diagnosis or prior neurodivergent-specific treatment to join this group.

7:00pm MT

Adult 18+ BIPOC (Black, Indigenous, and People of Color) Process and Peace

Peer Process & Identity

Stay connected through Charlie Health Alumni groups while continuing to build your toolbox of skills and strategies. These groups don't follow a formal theme or curriculum—instead, discussions are guided by the real-time topics and needs that participants bring or by one specific topic the group chooses to explore together.

Adult 18+ Tuesday Neurographic Art

Interests and Workshops

Neurographic art is a drawing method that can bring stress relief through mindful scribbling practices. It is a subtle tool that addresses trauma and limiting beliefs. The strength and depth of its process are in its ability to shift negative thought patterns gently. No drawing ability is required.

Adult 18+ Tuesday LGBTQIA+

Peer Process & Identity

Join a supportive community exclusively for LGBTQIA+ alumni. This group is open to adult alumni (18+) who identify as LGBTQIA+ and will center and hold space for shared experiences and connection.

Wednesday

12:00pm MT

Adult 18+ Wednesday Guided Process Group

Peer Process

Stay connected with the Charlie Health Alumni community while building skills through our Guided Process Group. This group follows an 18-week curriculum rooted in Charlie Health's Core Tenets. Each topic runs over two weeks:

- Week 1: Process-based discussion using peer support and reflection.
- Week 2: Continued processing with practical skill-building.

Adult 18+ Wednesday Neurodivergent Wellness

Skills and Well-Being

This wellness space offers a range of activities and guided exercises designed to support overall well-being for neurodivergent individuals. You don't need any prior knowledge of clinical skills from the treatment program to participate. The group draws from a variety of approaches, including expressive arts, executive functioning coaching, sensory integration techniques, mindfulness and grounding exercises, support for managing meltdowns and shutdowns related to Autism, practices that strengthen the mind-body connection, and more.

Adult 18+ Walk and Talk to Connect

Skills and Well-Being

This group is open to 18+ year-olds interested in joining a call on their phone (with headphones) while walking outside. Sessions will include discussion topics, self-reflection prompts, and mindfulness practices.

3:00pm MT

Adult 18+ Inner Child Check In

Skills and Well-Being

Each week this group will explore things such as laughter, improv, drawing, and play to get in touch with your inner child and deepen your relationship with joy. Learn how playfulness impacts your healing and capacity to cope with life's demands.

Adult 18+ Mindfulness Moments

Skills and Well-Being

This is a non-clinical space where alumni can come together to get a reset during their busy week. We will listen to guided meditations either by our group facilitator or by recording. We will also practice deep breathing and grounding techniques. We are so excited to gather, breathe, and reset with you all!

Adult 18+ Vent Poetry

Interests and Workshops

This group is a chance to learn about the powerful effects of channeling our emotions into the poetry art form. Here, we will have writing workshops and poetry slams and watch spoken word poems from some of the most amazing poets online. We will process emotions and learn about the ways that art can serve as a healthy coping skill on our healing journey.

4:00pm MT

Adult 18+ Music and Wellness

Interests and Workshops

In this group, we will spend time using music to explore and process what we experience throughout the week. This group includes active music listening, song discussions, songwriting, and music sharing. You do not need any music ability to participate in this group as our non-clinical music therapy group is for everyone!

Adult 18+ Wednesday Body Doubling

Skills and Well-Being

Are you neurodivergent, or do you have trouble staying focused enough to finish big tasks or detailed projects? Join us for our body doubling support group, which offers guidance and accountability to help you complete your tasks and achieve your goals. Body doubling can increase focus, reduce anxiety, and provide you with the motivation you need to take on and complete tasks or projects.

Adult 18+ Voices! BIPOC (Black, Indigenous, and People of Color) Process

Peer Process & Identity

This group is open to alumni who identify as BIPOC (Black, Indigenous, and People of Color) and will center on shared experiences and emerging topics attendees bring into the group. There is no formal theme or curriculum, but participants are welcome to focus on a specific topic if the group collectively decides to do so.

6:00pm MT

Adult 18+ Wednesday BINGO

Interests and Workshops

Join fellow alumni for a weekly chance to have some fun and play an all-time favorite game, BINGO. Weekly BINGO is open to all adult alumni.

Adult 18+ Wednesday Self Compassion

Skills and Well-Being

The Mindful Self Compassion group is based on the research and work of Kristen Neff, PhD. Kristen Neff has created a workbook and program that she describes as, "a proven way to accept yourself, build inner strength, and thrive." Join us to learn to embrace yourself and your imperfections and grow the resilience you need to thrive!

Adult 18+ Chronic Illness

Peer Process & Identity

Come join us for a non-clinical support group for those with chronic illnesses. This group offers a group setting in which members can discuss and process their experience with chronic illness and mental health. There is no requirement to be formally diagnosed with a chronic illness or to disclose any personal information you do not wish to.

7:00pm MT

Adult 18+ Wednesday BIPOC (Black, Indigenous, and People of Color) & LGBTQIA+

Peer Process & Identity

This group is for people looking to connect and grow while exploring the intersection of being both BIPOC (Black, Indigenous, and People of Color) and LGBTQIA+. Spend time in a supportive community with fellow alumni who share these identities while building your toolbox of skills and strategies. This group is open to alumni who hold identities in both the BIPOC and LGBTQIA+ communities.

Adult 18+ Wednesday Process Group

Peer Process

Continue to stay in community with other Charlie Health Alumni while building your toolbox of skills and strategies. There is no formal theme or curriculum for this group, but it will center around emerging topics attendees bring to the group. If the group would like to center on one specific topic, participants are welcome to do so.

Adult 18+ Yoga

Skills and Well-Being

This class offers grounded, accessible movement designed to support nervous system regulation and whole-body integration. Rooted in biomechanics and yoga therapy principles, it moves at a slow, intentional pace to help you reconnect with your body, reduce pain, and restore a sense of calm. Ideal for individuals in recovery, those navigating chronic stress or chronic pain, or anyone seeking a more sustainable and therapeutic approach to movement. This is NOT workout yoga—it's nervous system support through movement, breath, and stillness.

Thursday

10:00am MT

Adult 18+ Process Group for Women

Peer Process & Identity

A supportive space for women who are navigating life and all the roles that come with it. This group offers a safe and empowering environment to process experiences, explore new challenges, and gain insight while maintaining progress. Connect with others who understand your journey, share your struggles and victories, and continue building resilience as you move forward.

Adult 18+ Thursday Guided Process Group

Peer Process

Stay connected with the Charlie Health Alumni community while building skills through our Guided Process Group. This group follows an 18-week curriculum rooted in Charlie Health's Core Tenets. Each topic runs over two weeks:

- Week 1: Process-based discussion using peer support and reflection.
- Week 2: Continued processing with practical skill-building.

12:00pm MT

Adult 18+ Thursday Process Group

Peer Process

Continue to stay in community with other Charlie Health Alumni while building your toolbox of skills and strategies. There is no formal theme or curriculum for this group, but it will center around emerging topics attendees bring to the group. If the group would like to center on one specific topic, participants are welcome to do so.

Adult 18+ Thursday BIPOC (Black, Indigenous, and People of Color) & LGBTQIA+

Peer Process
& Identity

This group is for people looking to connect and grow while exploring the intersection of being both BIPOC (Black, Indigenous, and People of Color) and LGBTQIA+. Spend time in a supportive community with fellow alumni who share these identities while building your toolbox of skills and strategies. This group is open to alumni who hold identities in both the BIPOC and LGBTQIA+ communities.

Adult 18+ Writing Life Stories

Interests and Workshops

We all have stories to tell, and writing about our experiences can help us process and learn about ourselves. This group is a safe space for folks who are interested in writing to put their life experiences on the page and share them with one another. We will work with prompts and exercises to encourage reflection on their experiences and will write short pieces about these experiences. No prior creative writing experience is required!

Adult 18+ Knitting and Crochet

Interests and Workshops

Join our Knitting & Crochet workshop! This group is made for all ability levels and fiber art modalities. If you are new to crocheting or knitting, this is the perfect group to ask questions and learn some of the basics from fellow yarn artists.

3:00pm MT

Adult 18+ Arts and Crafts

Interests and Workshops

Join us to create art, express yourself, and spend time together! An open space to be creative, whether that's painting, coloring, drawing, or any other creative outlet you enjoy. No prior experience is needed.

Adult 18+ Gaming Group

Interests and Workshops

Join us for casual game streams, lively discussions, or group play sessions featuring popular titles like Jackbox Party Packs, Minecraft, and more. Whether you're a seasoned gamer or just looking for a place to socialize and relax, this group is the perfect spot to unwind and connect with others who share your passion for gaming.

Adult 18+ Songwriting Group

Interests and Workshops

This group is a chance to write and discuss songs we create individually or as a group. Do not worry about having musical abilities or experience writing a song. Our Group Facilitator will provide guidance, templates, and suggestions for all group members who join and allow space for you to compose your own song however you decide.

4:00pm MT

Adult 18-24 Thursday Process Group

Peer Process & Identity

Continue to stay in community with other Charlie Health Alumni while building your toolbox of skills and strategies. There is no formal theme or curriculum for this group, but it will center around emerging topics attendees bring to the group. If the group would like to center on one specific topic, participants are welcome to do so. This group is for alumni ages 18-24.

Adult 18+ Poetry for Beginners and Beyond

Interests and Workshops

Dive into the world of poetry with our welcoming and inclusive group, designed for anyone who loves the magic of words! Whether you're a complete novice, a seasoned poet looking for fresh inspiration, or somewhere in between, you'll find a supportive community here. We believe that poetry starts with a simple love for language and how a new word or metaphor can change the way we express ourselves.

Adult 25+ Thursday Process Group

Peer Process & Identity

Continue to stay in community with other Charlie Health Alumni while building your toolbox of skills and strategies. There is no formal theme or curriculum for this group, but it will center around emerging topics attendees bring to the group. If the group would like to center on one specific topic, participants are welcome to do so. This group is for alumni ages 25 and older.

6:00pm MT

Adult 18+ Adulting 101

Peer Process

Gain a sense of community and decreased shame and isolation surrounding life skills as you transition to adulthood and independence! Process and gain tangible skills for navigating the many challenges adulthood can bring. Participants are invited to share successes, struggles, skills, and strategies for navigating the transition to adulthood and increased independence. Groups will focus on a theme each week, including self-care, home maintenance, finances, child-rearing, functional nutrition, and more.

Adult 18+ Parenting Group

Peer Process

Do you want to connect with other parents? If so, this is the group for you. Join and talk with other parents and share your struggles as they relate to being a parent and concerns about your children. We will also take time to focus on the positive and celebrate you as a parent and your children! Babies in arms are always welcome.

Adult 18+ Thursday Body Doubling

Skills and Well-Being

Are you neurodivergent, or do you have trouble staying focused enough to finish big tasks or detailed projects? Join us for our body doubling support group, which offers guidance and accountability to help you complete your tasks and achieve your goals. Body doubling can increase focus, reduce anxiety, and provide you with the motivation you need to take on and complete tasks or projects.

7:00pm MT

Adult 30+ Process Group

Peer Process

Continue to stay in community with other Charlie Health Alumni while building your toolbox of skills and strategies. There is no formal theme or curriculum for this group, but it will center around emerging topics attendees bring to the group. If the group would like to center on one specific topic, participants are welcome to do so. This group is for alumni ages 30 and older.

Adult 18+ Helping Professions Support Group

Peer Process

This group is designed to support individuals in their work helping others while receiving help themselves. It offers a space to build community and connect with others who share similar experiences. The group welcomes all helping professionals, including students with clinical or educational experience —such as teachers/educators, crisis line volunteers, peer support specialists, Physicians, Therapists, nurses, CNAs, psychologists, EMTs, dietitians, dental hygienists, medical assistants, midwives, pharmacy techs, pharmacists, and more.

Adult 18+ Moon Journal

Interests and Workshops

This group will have artistic prompts and astrological notes about the moon to guide your creative process during a lunar cycle. Bring a journal and your favorite writing and drawing materials to track your emotions with artistic responses and written reflections. If you're interested in a brief astrological look at the placement of the transiting moon in your natal chart, bring your birth time, place, and date.

Friday

12:00pm MT

Adult 18+ Friday Process

Peer Process

Continue to stay in community with other Charlie Health Alumni while building your toolbox of skills and strategies. There is no formal theme or curriculum for this group, but it will center around emerging topics attendees bring to the group. If the group would like to center on one specific topic, participants are welcome to do so.

Adult 18+ Friday Body Doubling

Skills and Well-Being

Are you neurodivergent, or do you have trouble staying focused enough to finish big tasks or detailed projects? Join us for our body doubling support group, which offers guidance and accountability to help you complete your tasks and achieve your goals. Body doubling can increase focus, reduce anxiety, and provide you with the motivation you need to take on and complete tasks or projects.

Adult 18+ Progress Not Perfection

Skills and Well-Being

Join your peers to receive support and encouragement as you continue your mental health journey and apply skills learned at Charlie Health to your daily life.

3:00pm MT

Adult 18+ Friday BINGO

Interests and Workshops

Join fellow alumni for a weekly chance to have some fun and play an all-time favorite game, BINGO. Weekly BINGO is open to all adult alumni.

Adult 18+ Soundscape & Journaling

Interests and Workshops

This group will be designed as a space for alumni to come to process through journaling and creative expression while listening to ambient and soothing instrumental sounds/music to provide relaxation during the process. We will use the prompts from affirmation/oracle cards to assist with a journaling starting point.

Adult 18+ Bringing Nature In: Exploring the Wisdom of the Natural World

Interests and Workshops

In this experiential alumni group, we will explore how humans have connected with nature throughout history—through sacred tree languages of the Druids, Victorian flower symbolism, modern essential oils, and more. Each session will weave together history, philosophy, and hands-on activities to deepen our understanding of how nature has been used for communication, healing, and self-discovery. Through reflection and experiential practices, we will explore ways to “bring nature in”—whether through our daily rituals, sacred spaces, or intuitive practices.

4:00pm MT

Adult 18+ Jackbox Gaming

Interests and Workshops

Looking for a fun, interactive way to unwind and connect with others? Dive into a session filled with creativity, friendly competition, and laughs with our Jackbox Group Adventures! Whether you're a trivia buff, a quick thinker, or just here to enjoy the fun, there's something for everyone. No experience is needed—bring your enthusiasm and prepare for a great time. Don't miss out—let's play together!

Adult 18+ Coloring Group

Interests and Workshops

Are you in need of stress relief and camaraderie with low stakes? Join us for our coloring hour, where we take the time to practice mindfulness, embrace the imperfect, and relieve stress through coloring books and compassionate creation.

Adult 18+ Neurodivergent Life Skills: Cooking

Skills and Well-Being

Do you think that cooking is scary? Does using the stove top intimidate you? Are you spending too much money on takeout? Come learn how to cook with me! Learn the life skills of cooking and how to create simple, inexpensive, and healthy recipes utilizing various kitchen tools like the microwave, air fryer, stove top, and crock pot. The program aims to increase the comfort of using your kitchen space and learning easy recipes to practice at home. We will produce a month's worth of recipes so you can prepare to cook with me each week using different equipment. If you want to cook with me or watch how it's made and then practice at home, it doesn't matter. Come join us in the kitchen today!

6:00pm MT

Adult 18+ Trusting Your Inner Wisdom With Tarot and Other Personal Insight Practices

Interests and Workshops

Cultivate trust in your inner voice through reflective tools and practices. Together, we will explore tarot and other personal insight methods that encourage intuition, self-awareness, and emotional resilience. In a supportive, non-judgmental setting, we'll introduce a range of introspective techniques—from symbolic interpretation to guided reflection—that allow for a deeper connection with your own inner wisdom. This group is ideal for those looking to strengthen self-trust and explore meaningful pathways toward clarity and personal growth.

Adult 18+ Mindful Creations: Art & Wellness

Interests and Workshops

Step into a space of creativity, reflection, and connection in Mindful Creations, a weekly group designed for alumni who want to explore well-being through the power of artistic discovery. Each session offers a variety of guided creative projects—such as vision boards, collaging, journaling, and other artistic practices—designed to inspire mindfulness, reduce stress, and foster emotional clarity and wellness.

Adult 18+ Process Group

Peer Process

Continue to stay in community with other Charlie Health Alumni while building your toolbox of skills and strategies. There is no formal theme or curriculum for this group, but it will center around emerging topics attendees bring to the group. If the group would like to center on one specific topic, participants are welcome to do so.

7:00pm MT

Adult 18+ Tarot Card Group

Interests and Workshops

This group explores the world of tarot reading and self-discovery. In this interactive and supportive environment, you'll learn how to divine the meanings of cards, techniques for formulating insightful questions, and how to create your own card spreads. Discover how to harness the power of tarot as a tool for self-growth, gaining valuable insights into your inner world. Whether you're a beginner or looking to enhance your skills, this workshop offers a space for personal growth and an opportunity to connect with others who share a passion for the mystical art of tarot.

Adult 18+ Friday Night Social Hour

Interests and Workshops

A relaxed space to connect, share, and have fun! We'll start with intros and a light icebreaker, followed by an open invitation to share any recent creative projects. From there, we'll leave space for casual conversation or choose from fun interactive games like Jackbox, Gartic Phone, puzzles, and more! Whether you're here to chat or play, this is a welcoming place to unwind and connect with fellow alumni.

Adult 18+ Artists Supporting Artists

Interests and Workshops

This is a space for creative people of all sorts to get together and share their work and the frustrations and joys that come with it. The group will be a safe space for creatives to process and also to share the progress they're making in their work—showing visual art pieces, songwriting, reading poetry, and more.

Saturday

12:00pm MT

Adult 18+ Body Doubling

Skills and Well-Being

Are you neurodivergent, or do you have trouble staying focused enough to finish big tasks or detailed projects? Join us for our body doubling support group, which offers guidance and accountability to help you complete your tasks and achieve your goals. Body doubling can increase focus, reduce anxiety, and provide you with the motivation you need to take on and complete tasks or projects.

Adult 18+ Saturday Process

Peer Process

Continue to stay in community with other Charlie Health Alumni while building your toolbox of skills and strategies. There is no formal theme or curriculum for this group, but it will center around emerging topics attendees bring to the group. If the group would like to center on one specific topic, participants are welcome to do so.

1:00pm MT

Adult 18+ Music BINGO

Interests and Workshops

Get ready to mix things up with Music Bingo, a fun and interactive twist on the classic game! Instead of numbers, your bingo card will feature song titles based on a specific theme, such as Christmas classics, 90's pop hits, songs with colors in the title, or even tracks from the Billboard Hot 100.

Adult 35+ Process Group

Peer Process & Identity

Continue to stay in community with other Charlie Health Alumni while building your toolbox of skills and strategies. There is no formal theme or curriculum for this group, but it will center around emerging topics attendees bring to the group. If the group would like to center on one specific topic, participants are welcome to do so. This group is for alumni ages 35 and older.

2:00pm MT

Adult 18+ Self Compassion

Skills and Well-Being

The Mindful Self Compassion group is based on the research and work of Kristen Neff, PhD. Kristen Neff has created a workbook and program that she describes as, "a proven way to accept yourself, build inner strength, and thrive." Join us to learn to embrace yourself and your imperfections and grow the resilience you need to thrive!

Adult 18+ Building Resilience Group

Skills and Well-Being

Discover the strength within you to navigate life's challenges in this group. Learn effective coping mechanisms, gain support from peers facing similar struggles, and develop the tools to bounce back from setbacks, manage stress, and build resilience to thrive in the face of adversity.