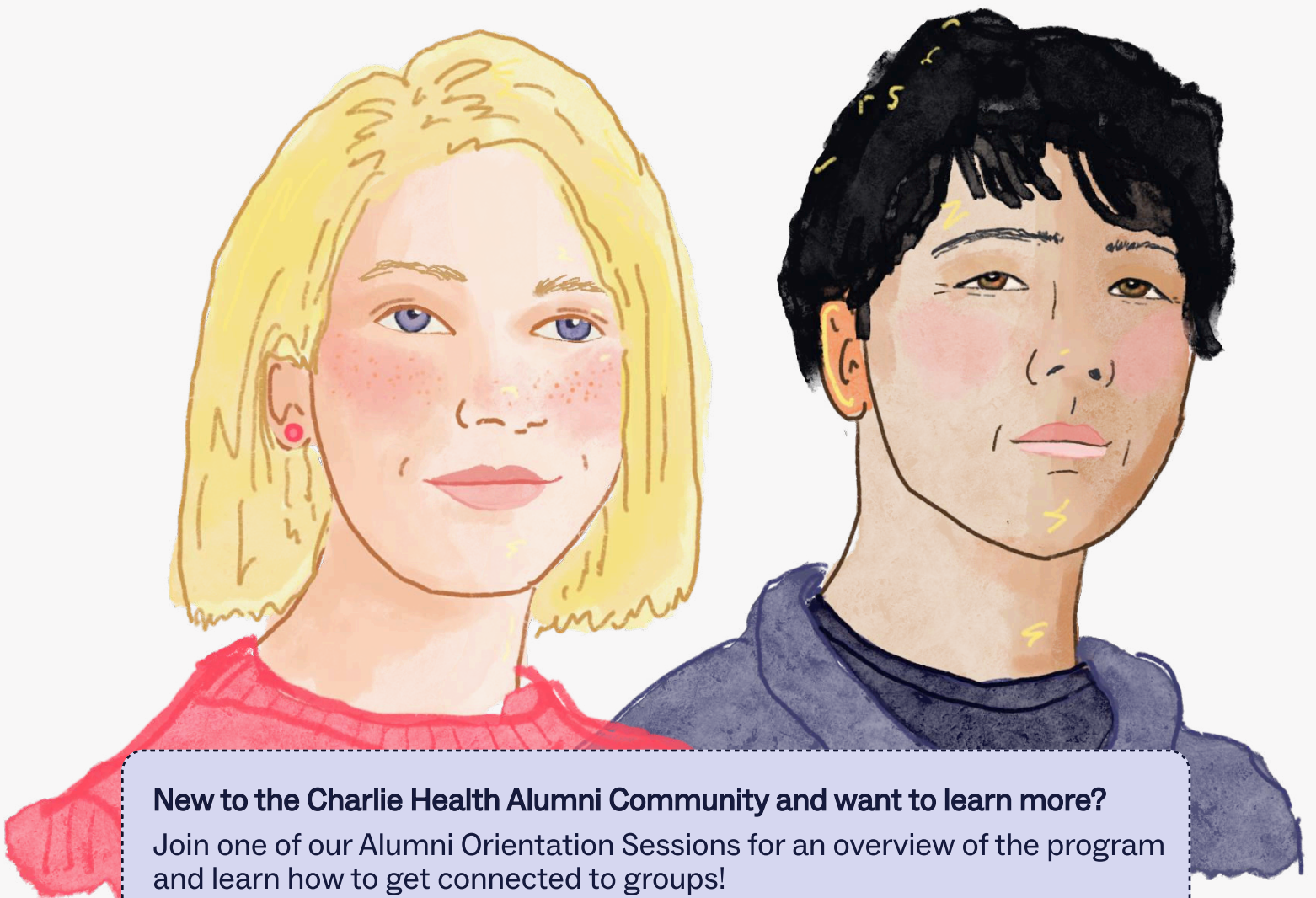


Teen Alumni Groups at Charlie Health



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.

Table of Contents

Monday	3
Tuesday	4
Wednesday	5
Thursday	6
Friday	7
Saturday	8

Teen Alumni Groups at Charlie Health

Monday

3:00pm MT

Teen Songwriting

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

Teen 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 our teen alumni.

6:00pm MT

Teen Mindfulness and Process

Peer Process

Join us for a weekly pause to become present and chill out for a moment. Attendees will be guided through a mindfulness activity and have an opportunity to process as well.

Tuesday

3:00pm MT

Teen 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

Teen Knitting & 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.

Teen BIPOC (Black, Indigenous, and People of Color)

Peer Process & Identity

Join us for our weekly Teen BIPOC (Black, Indigenous, and People of Color) Groups! Join Charlie Health staff to be in community with your fellow alumni. Alumni holding BIPOC identities are welcome to join.

6:00pm MT

Teen Tuesday Process Group

Peer Process

Continue to stay in community with Charlie Health Alumni groups while building your toolbox of skills and strategies. There is no specific topic area for our non-clinical process groups. This is intended to be a space for alumni to share anything going on that is challenging, successful, or anything in between and show solidarity and support for other alumni.

Teen Bullet Journal Together

Skills and Well-Being

A space to work on your bullet journal, learn about bullet journaling, and share ideas with one another.

7:00pm MT

Teen Real Talk: Building Healthy Relationships & Communication Skills

Skills and Well-Being

This group helps teens explore and strengthen their communication and relationship skills in a safe, supportive space. Through group conversations and activities, alumni will learn how to express themselves, set boundaries, and build healthy connections with friends, family, and peers.

Wednesday

3:00pm MT

Teen Soundscape

Interests and Workshops

Soundscapes provide an array of sounds designed to guide individuals into a state of relaxation. There will be nature sounds, mixed with classical, LOFI, jazz, etc, with instruments like sound bowls, handpan, etc to promote stress relief and focus. Individuals could work on projects, homework, drawing, writing, journaling, and/or just close their eyes and relax. Also, scenery videos will be shared to further promote relaxation. There will be minimal talking, including the intro and closing out.

4:00pm MT

Teen Wednesday Process Group

Peer Process

Continue to stay in community with Charlie Health Alumni groups while building your toolbox of skills and strategies. There is no specific topic area for our non-clinical process groups. They are intended to be a space for alumni to share anything going on that is challenging, successful, or anything in between and show solidarity and support for other alumni.

Teen LGBTQIA+

Peer Process & Identity

Join Charlie Health staff to be in community with LGBTQIA+ alumni. This group is open to adolescent and teen (ages 11-17) alumni who identify as LGBTQIA+.

6:00pm MT

Teen 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 our teen alumni.

Thursday

3:00pm MT

Teen Thursday Process

Peer Process

Continue to stay in community with Charlie Health Alumni groups while building your toolbox of skills and strategies. There is no specific topic area for our non-clinical process groups. They are intended to be a space for alumni to share anything going on that is challenging, successful, or anything in between and show solidarity and support for other alumni.

4:00pm MT

Teen 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.

6:00pm MT

Teen 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.

Teen 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 Thursday 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

Teen Thursday Process

Peer Process

Continue to stay in community with Charlie Health Alumni groups while building your toolbox of skills and strategies. There is no specific topic area for our non-clinical process groups. They are intended to be a space for alumni to share anything going on that is challenging, successful, or anything in between and show solidarity and support for other alumni.

Friday

3:00pm MT

Teen 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 our teen alumni.

4:00pm MT

Teen Anime Group

Interests and Workshops

Join us for an hour of fun and connection in our Virtual Anime Club! This is a safe space for teen CH Alumni to discuss their favorite anime, explore new shows, and connect with others who share their love for anime. Each session, we'll dive into themes like friendship, resilience, and personal growth found in popular series, all while promoting positive mental wellness. Whether you're a longtime fan or new to anime, everyone is welcome!

6:00pm MT

Teen 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.

Saturday

1:00pm MT

Teen 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!

2:00pm MT

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.