

Support & Wellness Groups

Fall 2026

SBH | Psychiatry | Substance Use | Child & Family | Primary Care BH | Groups

Groups Title	Description of Group Objective	Location
Compassionate Care for Complex Pain	In this group, connect with others, share support, and learn skills to navigate complex pain with resilience and compassion.	1616 Cornwall Ave, Schayes Room Bellingham
Dialectical Behavioral Therapy Skills	Join a DBT group to reduce mental health symptoms while building mindfulness, distress tolerance, emotion regulation, and communication skills.	1616 Cornwall Ave, Bellingham, Kulshan Room Bellingham
Just for Today	In this group, patients with SUD will connect with peers, share experiences, and learn solution-focused strategies to prevent relapse and strengthen your recovery process.	1616 Cornwall Ave, Kulshan Room Bellingham
Seeking Safety	Learn evidence-based skills for PTSD or substance use, including boundary setting, self-compassion, self-soothing, and strategies to support recovery.	6060 Portal Way, Hovander Room, Ferndale
Beginning Mindfulness for Daily Living Group	In this 6-week group, learn grounding and mindfulness skills to help calm your symptoms and support you through daily life.	1616 Cornwall Ave., Nooksack Room Bellingham
CBT for Adult ADHD	In this group for neurodivergent adults, learn practical skills to manage your time, reach your goals, and connect with others who understand what you're going through.	220 Unity St., Schayes Room Bellingham & Zoom
CBT Solutions for Sleep Group	In this 6-week group, learn new skills and build routines to help you fall asleep, stay asleep, and improve your sleep in a supportive space.	1616 Cornwall Ave., Nooksack Room Bellingham
Grief and Loss Group	In this group, learn about the many sides of grief, talk through common challenges, and use journaling and other reflective activities to help you process your loss.	1616 Cornwall Ave., Kulshan Room Bellingham

If you're interested in joining, please talk with your counselor about what might be a good fit for you.