CHIRS Clinical Groups are groups that are facilitated by or directly supervised by a member of our Clinical team; they are psycho-educational or goal directed in nature. Groups are recommended for clients who are willing to engage with peers and have the potential to apply the skills learned to settings outside of the group. Generalization outside of the group is most likely when a person is interested in learning the material and feels ready, willing, and able to change their behaviour and improve their skills. In some instances, potential clients may be asked to meet with the team leader to ensure that they have the cognitive, communication, and behavioural abilities to benefit from the group. Contact the Intake department to discuss fees; subsidies may be available.

| Group | Description | Duration |
| --- | --- | --- |
| Living Well With a Brain Injury | This workshop gives participants a chance to learn more about how brain injury affects their lives and how to cope effectively with the changes. Topics include brain basics and changes after an injury, ways to cope/compensate, communication, managing emotions, relationships, family, and sexuality. This group is best suited for individuals who were old enough at the time of injury to know a “before and after”. | 12 weeks |
| Dialectical Behaviour Therapy (DBT) Group | Brain injury often comes with changes in emotions and behaviour. The DBT group is designed for people who often regret what they say or do when they are feeling upset and want to do something about it. Participants will learn how to get a clearer picture of how they are feeling and develop skills they can use to manage strong emotions and difficult situations. The curriculum is based on The Skills System, a modified version of Dialectical Behaviour Therapy that is designed for people who are living with the effects of acquired brain injury. Skills include mindfulness meditation, recognizing which types of thinking and behaviour are likely to help to achieve goals, and what to do to keep on track. Emphasis will be given to practicing skills in a group setting and exploring how skills can be applied to situations that are important in life. | 12 weeks |
| Positive Psychology | Positive Psychology focuses on increasing happiness in everyday lives.  There are many practices associated with Positive Psychology that require a conscious effort to change thought patterns about the self and ones experiences.  For people with ABI, there are many challenges to implementing regular positive thought routines. This group seeks to assist individuals in identifying harmful thought processes and replace them with compassionate and supportive phrases, identify areas of strength to build self-esteem, and become more mindful of positive experiences to increase happiness in the moment.  **Your Best Self Workshop** focuses on building self-esteem and a better self-image through exploring innate strengths and personal values.  Participants report feeling inspired, confident and happy at the end of each session.  **Finding Happiness Workshop** helps participants develop everyday cognitive routines that are proven to increase happiness. Topics include being grateful, focusing on the positives, forgiveness, mindfulness, and more. | Your Best Self Workshop  12 weeks  Finding Happiness Workshop  12 weeks |
| cTech | cTech is designed for clients who are capable and motivated to use an Apple or Android device for the purpose of cognitive compensation. The group covers a handful of topics and apps that may improve social participation and address cognitive difficulties. There are a limited number of iPods available for practice in the group for individuals who are unsure about owning their own. | 12 weeks |