



Canyon Manor Newsletter

Newsletter Date

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Group of the Month

DBT Skills and Mindfulness is a new group that meets twice a week. DBT stands for Dialectical Behavior Therapy. This is a skill based group. Clients will be learning how to deal with overwhelming emotions using mindfulness, emotional regulation, interpersonal effectiveness, and distress tolerance. The group will work on how to separate themselves from their emotions and be present in the moment. Another important tool staff will teach and model is supporting clients in their efforts to change and acceptance of themselves. Clients are assigned to this group based on their ability to participate in this higher level group and their need for these advanced coping skills.

February Activities

This month clients enjoyed watching the Super bowl with snacks and refreshments. Regardless of which team a client was rooting for, it was an exciting game. There will be a Valentine's Day Dance as well as a new chocolate dessert from the kitchen to celebrate Valentine's Day. The Lunar New Year will be celebrated Friday the 16th with Chinese food and an Asian Movie. President's Day is a holiday and will be a modified program. On modified program days, there is a more relaxed group schedule that includes recreational activities. Clients who have passes are able to go out throughout the day for up to four hours. Other activities this month will include Wii games, Karaoke, and Bingo.

Do Clients Get To Go Shopping?



Many clients like to run errands and get things for themselves such as shampoo and snacks.

Clients are able to sign up to go shopping when they request their weekly passes. The team evaluates whether that client has been doing well managing their behavior and either approves or denies the shopping outing. The client gets their answer on Thursday morning at Hall Meeting along with their other pass requests. The Consumer Skills group helps prepare the client for their shopping through reviewing their budget and making a shopping list. A client granted shopping one week will usually not be allowed to go the next week, so that more clients have an opportunity to go.

If a client wants to shop for clothing and their finances allow it, a Social Services Worker can take the client shopping. This is different and is generally done with only one client and one staff.

Activity of the month

The special activity this month will be going to the movies. Last month the clients voted to watch "Jumanji".

Contact Us

Payphone numbers for clients

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Canyon Manor

415-892-1628

Social Services Workers

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The New Program Has Started!



Our new group schedule started on Monday February 5th. Some new groups include DBT skills and Mindfulness, Coping Skills, Women's Group, Men's Group, Art, Music, Spa group, more Exercise groups, Improving Relationships, Living Skills and Computer Skills. There are many more groups happening at the same time enabling clients greater choice and the ability to actively participate at the level they are comfortable. Increasing exercise and adding art and music is designed to increase mood. Another change is that clients will no longer be making phone calls at 1pm in the Social Services Office. Clients will sign up to utilize a specific phone call time. Monday, Wednesday, and Friday from 10am to 10:30am. This should reduce chaos and provide for higher quality personal phone conversations. Clients have expressed that they really have enjoyed the new program thus far.

If you feel you have received this letter in error or are not interested in continuing to receive it, please call Rachel to be taken off the mailing list at 415-892-1628 Ext 317