

# VICTORY BAY OFFERINGS

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MENTAL HEALTH IN PERSON  
NEW JERSEY

**April 2026 - June 2026**



# Welcome to Your Personalized Healing Journey

## AT VICTORY BAY

At Victory Bay, your recovery is designed around you. Our curated menu of weekly group and individual offerings is built to nurture the mind, body, and soul - giving you the freedom to choose the schedule and services that align with your unique path to healing. Whether you're here for intensive care or outpatient support, your program flexes with your needs:

Intensive Outpatient (IOP 3): 2 group sessions per day, 3 days per week

Outpatient (OP): 1 group session per day, up to 3 days per week

This flexible approach ensures your healing experience is structured, supportive, and personalized—meeting you exactly where you are on your journey.

## Design Your Own Journey!

### OP-3 Schedule:

Monday	Wednesday	Thursday
Complex Trauma @ 6PM		
	Gratitude @ 10:40AM	Trauma- Informed @ 6PM

**EXAMPLE**

**DONE!**

### IOP-3 Schedule:

Monday	Tuesday	Thursday
Complex Trauma @ 6PM	Skill Building - Empathetic Listening @ 6PM	Women's Group - Wellness @ 9AM
EMDR Individual @ 7:40PM	Emotion Regulation - Ange Management @ 7:40PM	Psychoed - Neurodivergence @ 10:40AM

**EXAMPLE**

**DONE!**

# GROUP OPTIONS

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## Monday

- Creative Outlets - Healing Arts @ 9AM
  - Sound Healing @ 10:40AM
  - Emotional Regulation - Social Confidence Circle @ 10:35AM
  - Outpatient Experiential Group @ 6PM
  - Yoga Stress Management Group @ 6PM
  - Somatic Therapy Group @ 6PM
  - Creative Outlets - Readers Process Group (The Defining Decade) @ 7:40PM
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## Tuesday

- Emotional Regulation - Life After Loss and Unity in Grief @ 9AM
  - Emotional Regulation - Befriending Your Anger – @ 10:40AM
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## Wednesday

- Cognitive Behavioral Therapy - Don't Believe Everything You Think @ 9AM
  - Creative Outlets - Music Therapy @ 9AM
  - Mindfulness - Guided Meditation @ 10:40AM
  - Creative Outlets - Identity Exploration Through Art @ 10:40AM
  - LGBTQIA Process Group @ 6PM
  - Men's Group @ 6PM
  - Women's Group @ 6PM
  - Yoga Stress Management Group @ 6PM
  - Art Instruction Stress Management Group @ 6PM
  - Mindfulness - Yoga/Sound Healing @ 7:40PM
  - Emotional Reg - Living w/ Intention to Create Healthy Emotion Habits @ 7:30PM
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## Thursday

- Trauma Informed - Navigating Mental Health - Support Group @ 9AM
  - Mindfulness - Guided Breathwork @ 9AM
  - Mindfulness - Guided Meditation for Anger @ 10:40AM
  - Trauma Informed - Somatic Therapy @10:40AM
  - Trauma Informed Group @ 6pm
  - Trauma Informed - The Detachment Journey @ 7:40PM
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## Friday

- Motivational - Habit Lab: Developing Approaches to Realistic Goals @ 9AM
  - Emotional Regulation - Open Process Group @ 10:40AM
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**See a group that you like? Or want a change? Follow the link!**

**CLICK HERE**

# SATURDAY OPTIONS!

**Wellness Saturdays! 9AM - 12PM** Every Saturday,  
ONSITE @ Laurel Springs

\*\*mindfulness based & conducted by certified yoga instructors!

**Session 1: 9AM - 10:30AM**

**Session 2: 10:40AM - 12PM**

Topics include (but are not limited to):

- Somatic Fitness
- DBT Skill Practice
- Guided Breath Work
- Sound Bath
- Meditation
- Light Body Yoga Practice
- Music Therapy Practices

Attending this day  
counts for  
1 day of program!!  
IOP = Attending 3 hours

**Cooking Saturdays! 11AM - 12PM** every other Saturday

\*ran by an executive chef and **VIRTUAL!!**

- 04/11
- 04/25
- 05/09
- 05/23
- 06/06
- 06/20

\*learn the skill of cooking, right from your own home!

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Follow the link to sign up for Saturday!!

**CLICK HERE**

## FAMILY WEEKEND

Onsite at Laurel Springs NJ

Lead by Licensed Marriage and Family Therapists!

**Saturday, May 30th**

**9AM - 2:30PM**

A 5-hour, multi-workshop session with two breaks (breakfast and lunch provided)

## FAMILY SUPPORT GROUP

**\*\*VIRTUAL\*\***

**Every 2<sup>nd</sup> Tuesday of the month 7PM - 8:30PM**

**\*\*Families Only\*\* clients not present**

# INDIVIDUAL OPTIONS

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\*these individual sessions are in **addition** to your individual session with your primary therapist!

## Wellness Coaching Individual Sessions

Options Include:

- Reiki
- Fitness Coaching
- Breathwork
- Yoga
- DBT Skill Practice
- Sound Bath
- Aroma Therapy

*Individual Sessions  
count as part of  
your IOP day!*

Wellness coaching helps individuals set realistic health goals and stay accountable while making sustainable lifestyle changes. It also builds self-awareness and motivation, supporting better stress management, balance, and overall well-being.

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## EMDR (Eye Movement Desensitization and Reprocessing) Individual Sessions

- EMDR Reprocessing Session with an EMDR trained therapist

EMDR (Eye Movement Desensitization and Reprocessing) is a psychotherapy used to help people process and heal from traumatic or distressing experiences. It involves recalling difficult memories while engaging in guided eye movements or other forms of bilateral stimulation. Over time, this helps reduce the emotional intensity of the memory and replace negative beliefs with healthier ones.

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## Individualized Family Sessions - Client and Loved Ones

- Family Coaching
- Family Boundaries
- Family Dynamics

Family counseling improves communication, helping family members understand each other's perspectives and resolve conflict more effectively. It also strengthens relationships by building healthier coping skills and emotional support within the family.

**CLICK HERE** 

**To sign up with one of these providers!**

# STRESS MANAGEMENT OPTIONS!

Onsite at Laurel Springs NJ

## Creative Arts

- Art Therapy - Tuesdays @ 1PM - 3PM
- Music Therapy - Wednesdays @ 1PM
- Creative Writing - Thursdays @ 1PM
- Creative Expression - Thursdays @ 2PM
- Book Club - Mondays @ 2PM
- Art Instruction - Wednesdays @ 6PM

Attending 2 hours of stress management counts as 1 group session!

## Mindfulness Ancillary Options

- Yoga - Mondays 1PM - 3PM; Wednesdays @ 2PM
- Sound Healing - Fridays 1PM - 3PM
- Yoga - Mondays & Wednesdays @ 6PM

## Alcoholics Anonymous Support

- Mondays @ 2PM
- Thursdays @ 1PM

## Life Skills Groups

- ADLs and Functioning - Tuesdays @ 2PM
- Financial Planning - Wednesdays @ 2PM
- General Life Skills - Thursdays @ 2PM
- Job Readiness - Fridays @ 1PM
- Cooking Skills - Fridays @ 2PM
- Pre-Vocational Group Series - Fridays @ 2PM

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See a group that you like? Or want a change? Follow the link!

[CLICK HERE](#)

Don't see a group you like? Click below to make a suggestion!



[Suggestion!](#)

# GROUP DESCRIPTIONS

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## **Cognitive Behavioral Therapy: Wednesdays!**

This group is a safe space for participants to learn to identify and change negative thought patterns and behaviors that contribute to their problems, such as anxiety, depression, and trauma.

## **Creative Outlets: Mondays & Wednesdays**

This category combines Healing Arts and Identity Exploration Through Art, offering participants creative spaces to express emotions, explore identity, and process experiences through art-making. No artistic skill is required—just openness to creativity as a pathway for healing, self-discovery, and building resilience.

## **Emotion Regulation – Mondays, Tuesdays & Thursdays**

This program provides a supportive space for individuals to strengthen emotion regulation, develop healthier coping skills, and build resilience through connection, practice, and guided techniques. Current groups include Life After Loss (Tuesdays @ 9AM), focused on navigating grief and healing, and the Social Confidence Circle (Mondays @ 10:40AM), centered on reducing social anxiety and building confidence.

## **General Wellness Curriculum Group: Daily!!**

This group provides a safe, supportive space to share experiences, gain insight, and build coping skills. Sessions include guided discussions, education, and practical exercises based on evidence-based practices.

## **LGBTQIA Process Group: Wednesdays @ 6PM**

This group is for people who identify as a member of the LGBTQ community or ally closely associated with that community. This group's purpose is to build connections between LGBTQ clients and to share how their experiences living with this identity relate to their mental health journey.

## **Men's Group: Wednesdays @ 6PM**

The Men's Group provides a safe, supportive space for men to openly explore mental health, relationships, work stress, and personal growth. Through guided discussions, interactive exercises, and peer support, members build healthier coping skills, strengthen communication, and foster resilience.

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# GROUP DESCRIPTIONS

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## **Out Patient Experiential Group: Mondays @ 6PM**

***For Outpatient Clients Only\* Therapist approval needed\*\****

Experiential group is an interactive, non-traditional space where members learn through shared experiences rather than handouts or lectures, using creativity, imagination, and props like chairs, scarves, and cards to explore together. It encourages openness, risk-taking, and trying new approaches, with the goal of fostering growth, connection, and healing in a safe environment.

## **Trauma Informed Group: Wednesdays & Thursdays!**

Trauma Informed Groups combine The Detachment Journey, Trauma Group, and That Thing with the Eyes: EMDR 101 to address codependency, traumatic relationships, and preparation for EMDR-based trauma processing. Together, they provide education, coping skills, and supportive experiences to help members heal, build resilience, and strengthen healthy patterns.

## **Women's Group – Wednesdays @ 6PM**

This group provides a safe and supportive environment for women to share and heal. This group offers connection, compassion, and guidance through life's challenges as a woman—including relationships, self-esteem, stress, and personal growth. Join us to work towards implementing self-compassion and increasing self-confidence.

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**Suggestion!**