

VICTORY BAY OFFERINGS

MENTAL HEALTH TELEHEALTH
NEW JERSEY

April 2026 - June 2026



Welcome to Your Personalized Healing Journey

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 @ 10:35AM	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 @ 7:35PM	Emotion Regulation - Ange Management @ 7:35PM	Psychoed - Neurodivergence @ 10:35AM

EXAMPLE

DONE!

GROUP OPTIONS

Each group is
1 session!

Monday

- Mindfulness - Mindful Mondays @ 9AM
- Goal Planning Group @ 9AM
- Emotion Reg - Process Group @ 9 AM
- Mindfulness - Holistic Healing @ 10:35AM
- DBT Group - @ 10:35AM
- Neurodivergent Group @ 6PM
- Trauma Informed-Complex Trauma @ 6PM
- Women's Group @ 6PM
- Trauma Informed - Domestic Violence & Sexual Assault Survivors @ 7:35PM
- DBT Group @ 7:35PM
- Emotion Reg - Self-Compassion Group @ 7:35
- Psychoeducation @ 7:35 PM

Tuesday

- Trauma Informed - Process @ 9AM
- DBT Group - 9AM
- Trauma-Informed - Grief @ 10:35AM
- Communication & Relationships @ 10:35
- Behavioral Activation Group @ 6PM
- Trauma-Informed - Complex PTSD @ 6PM
- Emotion Reg - LGBTQIA+ & DBT @ 6PM
- Trauma-Informed - Anger, Fear @ 6PM
- Mindfulness - The Healing Toolbox @ 7:35PM
- Relationships - Family Dynamics @ 7:35 PM
- Mind/Body Connection Group @ 7:35 PM

Wednesday

- Mindfulness - Holistic Healing @ 9AM
- Emotion Reg - Self Compassion @ 9AM
- Motivational - The Life Skills Group @ 9AM
- Psychoeducation - Stages of Change @ 10:35
- Creative Outlets - Poetry @ 10:35AM
- Trauma-Informed - Body Liberation @ 10:35
- Trauma-Informed - Grief and Loss @ 6PM
- Psychoeducation - Anxiety/Depression @ 6
- Young Adults Group @ 6PM
- Skill Building - DBT/CBT @ 6PM
- Men's Group @ 6PM
- Relationships - Healing from Harm @ 7:35
- Trauma-Informed - MH Stigma @ 7:35PM

Thursday

- Women's Group - Wellness @ 9AM
- Creative Outlets - Art/Drama @ 9AM
- Emotion Reg - Connecting w/ Inner Self @ 10:35
- Psychoeducation - The Healing Toolbox @ 10:35
- Trauma-Informed - Chronic Health @ 6PM
- Skill Building - Social Skills Group @ 6PM
- Women's Group - Prenatal/Postnatal @ 6PM
- Trauma-Informed - MH Stigma @ 6PM
- Psychoeducation - Neurodivergence @ 7:35
- Emotion Reg - DBT/CBT @ 7:35PM
- Motivational - Goal Planning @ 7:35PM
- Emotion Reg - Social and Emotional Well Being

Friday

- Trauma-Informed - Thriving After Trauma @ 9AM
- Relationships - Communication @ 10:35AM
- Emotion Reg - Anger Management @ 10:35

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!

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 2nd Tuesday of the month 7PM - 8:30PM

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

INDIVIDUAL OPTIONS

*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.

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.

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.

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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

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

Behavioral Activation Group: Tuesday Evening

To help adults increase engagement in meaningful and rewarding activities, reduce avoidance and depressive behaviors, and build sustainable routines and coping strategies that improve mood, motivation, and overall functioning in daily life.

Creative Outlets: Wednesday & Thursday!!

Our Creative Outlets groups use artistic and expressive practices to foster self-expression, healing, and personal growth in a safe, supportive environment. Subgroups include: Art Therapy (guided art-making to explore emotions and reduce stress), Book Club (literature-based discussions for reflection and connection), Creative Art/Drama Therapy (experiential techniques using art, drama, poetry, and music), Music/Creative Outlets (healing through music, writing, and creative expression), and Poetry (using writing and visual art for emotional insight, resilience, and trauma recovery).

Emotion Regulation: Tuesdays @ 7:35PM & Thursdays @ 10:35AM;

Our Emotion Regulation groups help participants better understand, manage, and express emotions in healthy ways while building stronger relationships and self-awareness. Subgroups include: Anger Management (developing self-control, communication, and problem-solving skills) and Self-Love & Compassion Circle (practicing self-kindness, challenging negative self-talk, and fostering healthier connections with oneself and others).

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.

Men's Group: Wednesdays @ 7:35PM:

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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CLICK HERE

GROUP DESCRIPTIONS

Mindfulness: Monday - Wednesday!!

Our Mindfulness groups focus on building awareness, presence, and self-regulation through practical techniques and holistic practices. Subgroups include: General (DBT skills, grounding, and stress management) and Holistic Healing & Mindfulness (integrative modalities such as chair yoga, sound healing, and self-care practices to support balance, resilience, and overall well-being).

Psychoeducation: Monday - Wednesday!!

Our psychoeducation groups provide structured, supportive spaces to learn about mental health, gain tools for coping, and build greater self-awareness. Subgroups include: General (education, discussion, and skill-building to manage emotional challenges) and Neurodivergence (support for individuals with ADHD, Autism, or learning differences, focusing on self-acceptance, navigating stigma, and achieving personal goals).

Skill Building: DAILY

Our Skill-Building groups provide practical tools, structured exercises, and supportive spaces to help individuals strengthen coping strategies, improve communication, and foster personal growth. Subgroups include: Communication & Relationships (healthy boundaries, conflict management, and connection), DBT Skills (emotional regulation and distress tolerance), Empathic Listening (deepening awareness through active listening), Goal Planning (SMART goals, accountability, and motivation), Gratitude (cultivating resilience and appreciation), LGBTQIA+ & Allies / DBT Skills (community connection and identity support), Practicing Skills (applying therapy tools in daily life), Social Skills Training (real-world communication and relationship building), and The Healing Toolbox (integrative coping strategies from CBT, DBT, mindfulness, and more).

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GROUP DESCRIPTIONS

Trauma-Informed: Daily!!

Our Trauma-Informed groups provide safe and supportive spaces for individuals to process difficult experiences, build resilience, and develop healthy coping strategies for healing. Subgroups include: Chronic Health and Mental Health (navigating the mind-body connection and challenges of chronic illness), C-PTSD (understanding long-term trauma and developing tools for empowerment), Complex Trauma (coping with childhood or ongoing interpersonal trauma), First Responders/Veterans (peer support for stress and service-related trauma), Grief Group (processing loss and finding connection), Healing from Abuse (support for survivors of abuse in reclaiming resilience), Older Generation/Life Transitions (navigating later-life changes with support), and EMDR (learning trauma-focused skills to process painful memories safely).

Women's Group: Monday & Thursday!

This women's group provides a safe and supportive space for connection and healing, with specialized tracks including: General (emotional growth and shared experiences), Mindfulness (guided meditation, movement, and journaling), Prenatal/Postnatal (navigating perinatal transitions and parenting), and Wellness (building confidence, boundaries, and resilience). Across all subgroups, participants engage in reflective discussions, mindfulness practices, and skill-building activities designed to reduce stress, strengthen relationships, and foster self-awareness and empowerment.

Young Adults: Wednesdays!

The Young Adults Group supports individuals ages 18–30 as they navigate identity, career, education, and relationship transitions. Members gain coping strategies, resilience, and clarity about their values during times of change.

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 **Suggestion!**