

VICTORY BAY OFFERINGS

MENTAL HEALTH IN-PERSON
NEW JERSEY

July 2026 - September 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 bundle per day (1 Stress Management, 1 Group Therapy Session), 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 (AM or PM)	Wednesday (AM or PM)	Thursday (AM or PM)
Somatic Therapy @ 6PM		Navigating Mental Health @ 9AM
	Mindfulness @ 10:40AM	

EXAMPLE

DONE!

IOP-3 Schedule:

Monday (AM or PM)	Tuesday (AM only)	Thursday (AM or PM)
EMDR session @ 6PM	Grief/loss group @ 9AM	Guided Breathwork @ 9AM
Readers Process @ 7:40PM	Family Therapy @ 10:40AM	Neurodivergence @ 10:40AM

EXAMPLE

DONE!

GROUP OPTIONS



Each group is
1 session!

Monday

- Creative Outlets - Healing Arts @ 9AM
 - Sound Healing @ 10:40AM
 - Emotion Regulation - Social Confidence Circle @ 10:40AM
 - Yoga @ 6PM
 - Trauma-informed - Somatic Therapy Group @ 6PM
 - Creative Outlets - Book Club Group ("Are You Mad at Me?" by Meg Josephson) @ 7:40PM
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Tuesday

- Trauma-focused - Life After Loss and Unity in Grief @ 9AM
 - Emotion Regulation - Befriending Your Anger @ 10:40AM
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Wednesday

- Trauma-focused - The Healing Space @ 9AM
 - Creative Outlets - Identity Exploration Through Art @ 10:40AM
 - Trauma-informed Process Group for LGBTQIA clients @ 6PM
 - Trauma-informed Process Group for Men @ 6PM
 - Trauma-informed Process Group for Women @ 6PM
 - Yoga @ 6PM
 - Art Instruction @ 6PM
 - Sound Healing @ 7:40PM
 - CBT - Identity Exploration @ 7:40PM
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Thursday

- CBT - Navigating Mental Health - Support Group @ 9AM
 - Vibroacoustic Relaxation @ 9AM
 - Guided Meditation for Anger @ 10:40AM
 - Trauma-informed - Somatic Therapy @ 10:40AM
 - Trauma-focused - Trauma Processing Group @ 6pm
 - CBT - The Detachment Journey @ 7:40PM
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Friday

- CBT - Thinking Twice to Re-Construct @ 9AM
 - Neurodivergence - Living for Success: Working with your Brain @ 10:40AM
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SATURDAY OPTIONS!

Ancillary Saturdays! 9AM - 12PM Every Saturday, ONSITE @ Laurel Springs, NJ

**Mindfulness-based & conducted by certified yoga, music therapy and Reiki instructors!

First Group: 9AM - 10:30AM

Second Group: 10:40AM - 12PM

Topics include (but are not limited to):

- DBT Skill Practice
- Guided Breathwork
- Sound Bath
- Meditation
- Yoga
- Music Therapy
- Creative Arts
- Reiki
- Job Readiness

Virtual Cooking with Matt! 11AM - 12PM

- 07/11
- 07/25
- 08/08
- 08/22
- 09/05
- 09/19

every other Saturday
ran by an executive chef!

Attending this day
counts for
1 day of program!!
OP = Attending one group
IOP = Attending both groups

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, August 29th

9AM - 2:30PM

A 5-hour, multi-workshop session with two breaks (breakfast and lunch provided)
Be on the lookout for the flyer or ask your therapist about it!

VIRTUAL FAMILY SUPPORT GROUP

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

Support persons only clients not present

Support persons of clients will receive necessary info

INDIVIDUAL OPTIONS

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

Wellness Coaching Individual Sessions

Options Include:

- Mindfulness
- Fitness Coaching
- Sleep Hygiene
- Breathwork
- Yoga
- Nutrition Intake
- Sound Healing
- DBT Skill Practice
- Holistic Healing

*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.

Individualized Family or Couples Sessions - Client and Loved Ones

- Family Systems Exploration
- Couples Dynamics Exploration

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.

To sign up with one of these providers!

CLICK HERE 

AFTERNOON ANCILLARY OPTIONS!

Creative Arts & Holistic Healing

- Yoga - Mondays @ 1PM and 2PM
- Meditation/Sound Healing - Mondays @ 2PM
- Book Club - Mondays @ 2PM
- Art Group - Tuesdays @ 1PM & @ 2PM (starts 07/14)
- Reiki - Wednesdays @ 1PM
- Yoga - Wednesdays @ 2PM
- Creative Expression - Thursdays @ 1PM
- Music Therapy- Thursdays @ 2PM
- Mindfulness/Breathwork - Thursdays @ 2PM
- Sound Healing - Fridays @ 1PM and 2PM



Attending 2 hours of
ancillary group counts as 1
group session!

Life Skills Groups

- Addiction Recovery Support - Mondays @ 1PM
- Addiction Recovery Support - Tuesdays @ 2PM
- Financial Wellness- Wednesdays @ 2PM
- Cooking Skills - Thursdays @ 1PM
- Job Readiness - Fridays @ 1PM

Please speak with your therapist if you see a group you like or would want to change.

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



Suggestion!

GROUP DESCRIPTIONS

Healing Arts- This specialty group will utilize the creative process of art-making to support emotional expression, self-discovery, and healing. Group members will engage in art directives designed to explore thoughts, emotions, and experiences in a safe, supportive environment. No artistic skill is required to be in this group- just willingness to self-express and reflect to create meaning making, or overall utilize art as a coping skill technique. Group members often find increase in self-awareness, stress relief, and a deeper sense of connection through shared creative experiences.

Social Confidence Circle- This specialty group offers a supportive space for individuals experiencing social anxiety or seeking to build self-confidence. Group members will explore their thoughts, emotions, and behaviors in social situations. Through open-process, role-playing, psychoeducation, and experiential activities, group members will learn and practice tools to reduce avoidance, challenge negative self-beliefs, and build meaningful connections.

Book Club: Are You Mad At Me? by Meg Josephson- This group uses selected readings from the book titled “Are You Mad At Me?” by Meg Josephson. This book discusses life-stage challenges to help adults explore and process their own experiences. Through brief readings, guided discussion, and reflection, participants connect themes from the text to personal difficulties such as life transitions, relationships, identity, and coping with change. The group offers a supportive space to gain insight, share perspectives, and build understanding alongside others.

Daily General Curriculum Groups- These groups provide 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 therapies such as CBT, DBT, ACT and MI.

Identity exploration- This group focuses on exploring the beliefs, experiences, values, and roles that shape your sense of identity. Many of us move through life on autopilot, defining ourselves through expectations, past experiences, labels, or survival strategies without stopping to ask whether those definitions still fit. Through guided discussion, reflective activities, and supportive group processing, participants will examine how identity develops, identify internal and external influences on self-perception, and explore ways to build a more authentic and intentional sense of self.

LGBTQIA Group- This trauma-informed group is for people who identify as a member of the LGBTQIA community and/or ally closely associated with this community. This group's purpose is to build connections between LGBTQIA clients and to share how their lived experiences relate to their mental health journey.

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GROUP DESCRIPTIONS

Life After Loss and Unity in Grief- This group will offer clients the opportunity to explore what loss means, and psychoeducation on the various types of grief people experience. Group members will learn the 5 pillars of grief as it relates to the healing process and the importance of grieving with appropriate supportive resources and coping skills to manage the emotional overwhelm from their personal experiences. Group members will also learn to identify thoughts, avoidances responses, as well as emotional responses to events related to grief. Members gain knowledge about how asking for help and advocating for their needs during the grieving process can provide strength hope in the healing process.

Befriending Your Anger- This process-oriented group is designed to help members deepen their understanding of their personal anger story and explore the emotional experiences that exist beneath anger. Participants will examine themes such as shame, vulnerability, resentment, identity, forgiveness, accountability, boundaries, and relationship dynamics while developing greater insight into how anger influences their thoughts, behaviors, and connections with others. Members will learn to respond to anger with increased awareness, intentionality, and self-respect, creating a healthier and more sustainable relationship with anger over time.

Somatic Therapy- Somatic therapy group takes mental health care to the whole nervous system. In these trauma-informed groups, clients will practice skills that help them to improve their brain-body connection and learn to soothe their embodied reactions to emotions. Clients will also practice skills together that help them to feel safe around others and create more of a greater sense of safety in their daily lives.

Neurodivergent Group- This group is designed for people with ADHD, ASD, neurodivergent traits, or anyone who feels overwhelmed by time, tasks, emotions, or daily life demands. This group focuses on helping members collaborate together to create workable strategies that fit one another's unique needs. This group fosters acceptance, support, and universality.

Navigating Mental Health- This group is a safe and supportive group focused on helping individuals better understand and care for their mental health. Using a range of therapeutic modalities—including mindfulness, cognitive-behavioral strategies, grounding techniques, and strengths-based approaches and motivational interviewing—participants will learn practical skills to manage stress, emotions, and life challenges. The group encourages connection, self-reflection, and personal growth in a compassionate and judgment-free environment.

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GROUP DESCRIPTIONS

The Healing Space- This group offers a compassionate and confidential space for adults seeking support around trauma and its lasting effects. Together, members will explore how trauma can influence emotions, relationships, and daily life, while learning grounding skills and healthy coping strategies. The group is designed to promote safety, validation, and connection, helping participants feel less alone as they move toward healing and greater stability.

Identity Exploration Through Art- This group focuses on the importance of identity in recovery, and giving participants the space to explore who they are beyond mental illness and trauma. Therapist offers psychoeducation surrounding how trauma and mental illness can weaken and cloud our sense of self-efficacy, self-esteem, and personal identity, and how this can show up in our day to day lives and prevent change. Clients share on experiences and insights they have regarding the topic and offer each other empathetic feedback. Therapist utilizes CBT, ACT, and art-based interventions to uncover limiting beliefs, explore client's values and strengths, and process these insights visually and through art-making.

The Detachment Journey- This is a process-oriented group focused on healing anger, shame, grief, and generational patterns. Through reflection, experiential activities, and group discussion, participants will explore the emotional burdens and survival strategies that continue to impact their lives and relationships. Members will learn to identify what they are carrying, understand how it developed, and choose what they want to release. The group emphasizes self-awareness, self-compassion, acceptance, and intentional living, helping participants break unhealthy cycles and move toward greater authenticity and freedom.

Thinking Twice to Re-Construct- The objective of this specialty group is for participants to acquire coping strategies that combat negative narratives and messages received either internally or from external sources. "Think Twice to Re-Construct" emphasize positive reframing regarding situations of distress fear and anxiety. The group will participate in active sessions that are directly related to the healing process as well as decreasing anxiety. Group participants will learn short mindfulness, organizational/compartimentalizing techniques that will assist them in approaching significant stressors and mental health challenges while they reconstruct individual narratives from the lens of healing.

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