

VICTORY BAY OFFERINGS

MENTAL HEALTH TELEHEALTH
NEW JERSEY

July 2026 - September 2026



855-239-5055
www.victory-bay.com

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 bundle per day (1 Stress Management, 1 Group 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	Wednesday	Thursday
Complex Trauma @ 6PM		Art/drama @ 9 AM
	Gratitude @ 10:35AM	

EXAMPLE

DONE!

IOP-3 Schedule:

Monday	Tuesday	Thursday
Complex Trauma @ 6PM	Behavioral Activation @ 6PM	Women's Group - Wellness @ 9AM
EMDR Individual @ 7:35PM	Music Therapy @ 7:35PM	Psychoed - The Healing Toolbox @ 10:35AM

EXAMPLE

DONE!

GROUP OPTIONS

Each group is
1 session!

Monday

- Emotion Reg - Self-Compassion @ 9AM
- Trauma Open Process @ 9AM
- Emotion Reg - Process Group @ 9 AM
- Mindfulness - Holistic Healing @ 10:35AM
- Emotion Reg - Emotion-focused therapy @ 10:35AM
- Neurodivergent Group @ 6PM
- Complex Trauma @ 6PM
- Women's Group @ 6PM
- Family Relationships Group @ 6PM
- Attachment & Relational Trauma Group @ 6PM
- Acceptance & Change- A DBT Group @ 7:35PM
- Self-Compassion @ 7:35PM
- Trauma in Helping Professions Group @ 7:35PM
- Psychoeducation @ 7:35PM

Tuesday

- Divorce & Infidelity Group @ 9AM
- DBT Group - 9AM
- Trauma-Informed - Grief @ 10:35AM
- Communication & Relationships @ 10:35
- Behavioral Activation Group @ 6PM
- Trauma-Informed - Complex PTSD @ 6PM
- LGBTQIA+ Group @ 6PM
- Intro to Group Therapy @ 6PM
- IFS - "A Part of Me" @ 6PM
- Mindfulness - The Healing Toolbox @ 7:35PM
- Music Therapy @ 7:35 PM
- Mind/Body Connection Group @ 7:35 PM

Wednesday

- Young Adults Group @ 9AM
- Goal Planning Group @ 9AM
- Unboxed- Mental Health & Identity @ 10:35
- Trauma-Informed - Body Liberation @ 10:35
- Trauma-Informed - Grief and Loss @ 6PM
- Psychoeducation - Anxiety/Depression @ 6
- Cognitive Distortions Group @ 6PM
- The Living Legacy of Trauma Group @ 6PM
- Skill Building - DBT/CBT @ 6PM
- Men's Group @ 6PM
- Healing from Harmful Relationships @ 7:35PM
- Creative Arts Therapy Group @ 7:35PM
- SA Survivors Group @ 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
- Emotion Reg - Social and Emotional Well Being @ 6PM
- The Nurtured Heart Approach® Group @ 6PM
- Psychoeducation - Neurodivergence @ 7:35PM
- Living a Lie in My Own Mind- Releasing Inner Pain @ 7:35PM
- Motivational - Goal Planning @ 7:35PM
- IFS - Inner Child Exploration Group @ 7:35PM

Friday

- Open Process Group @ 9AM
- Intro to Group Therapy @ 9AM
- Thriving After Trauma Group @ 10:35AM

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 Breath Work
- Sound Bath
- Meditation
- Yoga
- Music Therapy Practices
- Creative Arts
- Reiki
- Job Readiness

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

Virtual Cooking with Matt! 11AM - 12PM

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

*every other Saturday and ran by an executive chef

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)
Your therapist will share the flyer with you for interest and sign-up!

VIRTUAL FAMILY SUPPORT GROUP

Every 3rd Monday of the month 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!

ONSITE @ Laurel Springs, NJ

Creative Arts and Holistic Healing

- Yoga - Mondays @ 1PM and 2PM
- Meditation/Sound Healing - Mondays @ 2PM
- Book Club - Mondays @ 2PM
- Art Therapy - Tuesdays @ 1PM - 3PM (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

Holistic Healing- A trauma-informed, experiential group focused on helping you reconnect with your body and mind through gentle chair yoga, guided meditation, and breathwork. Sessions are led by a certified yoga teacher and offered in a calm, supportive, and fully telehealth-friendly format designed to prioritize safety, choice, and accessibility. Each session centers on easy-to-follow movement, mindful breathing, and moments of stillness appropriate for all bodies and experience levels. Practices allow you to engage at your own pace while building practical tools to support grounding, emotional regulation, and overall well-being in daily life.

Emotion-Focused Therapy- The purpose of EFT is to increase emotional intelligence. Emotional intelligence is defined as the ability to perceive, access, understand, regulate, express, and transform our emotions. This group will teach you that emotions contain important information about our needs, values, boundaries, and relationships. Participants will learn how emotional suffering often develops through disconnection and avoidance of our emotional experiences, and group members will be challenged to fully engage with their emotions to promote emotional healing. Throughout this group, emotions will be the primary tools used for deeper insight and healing.

Family and Relationships Group- This group provides a supportive space for participants to explore the patterns and dynamics that shape their relationships. Topics include understanding family roles, learning the principles of attachment theory, and developing healthy communication skills to improve connections with others. Through discussion, reflection, and skill-building activities, group members will gain tools for creating healthier and meaningful relationships.

Daily General Curriculum Groups- These groups 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.

Acceptance & Change: A DBT Skills Group - Dialectical Behavior Therapy (DBT) is a structured form of therapy that falls underneath Cognitive Behavior Therapy (CBT) and has four core components: mindfulness, distress tolerance, interpersonal effectiveness, and emotion regulation. This group will be psychoeducation based, where clients will learn and practice new skills each week. DBT is especially beneficial for those who want to better understand how to respond in healthy ways to their automatic emotions and behaviors, as well as improve their communication skills.

The Nurtured Heart Approach® Group- This group teaches participants how to build confidence, improve relationships, and strengthen emotional wellness by learning to recognize successes, set healthy boundaries, and develop their Inner Wealth using the Nurtured Heart Approach.

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GROUP DESCRIPTIONS

Attachment and Relational Trauma- This trauma-informed support group focused on understanding how early relationships and life experiences shape attachment patterns, emotional responses, and interpersonal functioning. In a safe and supportive environment, participants will explore attachment styles, increase self-awareness, and develop healthier strategies for connection, boundaries, and emotional regulation. The group supports healing from relational wounds while fostering resilience and secure relationships. This group is especially well-suited for individuals who notice recurring or maladaptive patterns in their relationships and want to better understand the attachment dynamics that contribute to them. Participants seeking to build more secure attachments, improve their capacity for healthy intimacy and connection, and practice new relational skills in a supportive group setting are likely to benefit most from this experience.

Trauma in the Helping Professions- This therapy group is designed for individuals working in helping professions, including healthcare workers, first responders, therapists, educators, social service providers, and caregivers. Participants will explore the impact of chronic exposure to trauma, compassion fatigue, secondary traumatic stress, and burnout. Through psychoeducation, skill-building, and group discussion, members will develop greater self-awareness, learn effective coping strategies, strengthen resilience, and identify ways to maintain personal well-being while continuing to support others in their professional roles. The group provides a supportive space to process experiences, reduce isolation, and promote sustainable self-care.

A Part of Me- This trauma-informed group based on the Internal Family Systems (IFS) model. This group provides a safe, structured space to explore the different parts of ourselves with curiosity, compassion, and respect. Participants will develop greater awareness of protective and vulnerable parts, strengthen Self-leadership, and build skills that support emotional regulation, healing, and personal growth. No prior experience with IFS is required. This group is best suited for individuals who already have some foundational emotional regulation and grounding skills and are generally able to stay present while exploring internal experiences. Participants who can recognize when they are becoming overwhelmed and use basic coping strategies to regain stability are likely to benefit most from the group process.

SA Survivors- This trauma-informed support group provided a safe and supportive space for survivors of sexual assault to process their experiences, explore the impact of trauma, and strengthen coping skills. Participants engaged in guided discussion focused on healing, self-empowerment, emotional regulation, and rebuilding trust in themselves and others. The group emphasized validation, connection, and resilience while encouraging members to share at their own comfort level, reduce feelings of isolation, and develop strategies to support ongoing recovery and well-being.

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GROUP DESCRIPTIONS

Divorce & Infidelity Recovery Group- This group offers a safe space for individuals processing the emotional impact of divorce or infidelity. Through psychoeducation and group support, you'll gain practical coping tools, make sense of your experience, and begin reconnecting with yourself. This group welcomes you wherever you are in the healing process — whether you're newly separated or still working through pain from years past.

Unboxed: Identity + Mental Health- This group focuses on exploring identity and mental health. In this group, clients will discuss the different parts of who they are, such as culture, race, ethnicity, gender, religion, family roles, values, and lived experiences, and how these parts can impact emotions, relationships, stress, self-esteem, and overall wellbeing. Clients can expect a reflective and supportive space to talk about belonging, pressure, expectations, acceptance, identity-related stress, and what it means to show up as their full selves. The group will include discussion, reflection prompts, psychoeducation, and opportunities to build greater self-awareness, self-acceptance, and connection with others.

IFS/Inner Child Group- This group utilized Internal Family Systems (IFS) concepts and inner child work to help participants develop greater self-awareness, self-compassion, and emotional healing. Members explored different parts of themselves, including protective parts and wounded inner child experiences, to better understand how past experiences influence current thoughts, emotions, and behaviors. Through guided reflection, discussion, and experiential exercises, participants practiced connecting with their inner experiences from a place of curiosity and compassion, fostering healing, emotional regulation, and healthier relationships with themselves and others.

The Living Legacy of Trauma- This trauma-informed support group that explores the impact of family dynamics, relational patterns, and intergenerational trauma across generations. Participants will examine how family experiences shape beliefs, coping strategies, relationships, and emotional well-being. In a safe and supportive environment, members will build insight, strengthen self-awareness, and develop skills that support healing, resilience, and healthier ways of relating to themselves and others.

Living a Lie in My Own Mind: Releasing Debts That Never Existed- Many people carry emotional burdens based on painful experiences, distorted beliefs, shame, guilt, trauma, family messages, and unhealthy relationship patterns. This 12-week group helps members identify the “lies” they have believed about themselves and the “debts” they have spent years trying to repay. Through CBT, DBT, trauma-informed interventions, journaling, creative expression, role-playing, and group processing, members will learn to challenge unhealthy beliefs, reclaim their personal truth, and develop a healthier relationship with themselves.

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Suggestion!