



**ANALENISGI**



# **ANALENISGI GROUP/CLASS SCHEDULE**

**SEPTEMBER 29<sup>TH</sup> - DECEMBER 19<sup>TH</sup>**

FOR ANY QUESTIONS PLEASE CALL ANALENISGI FRONT  
DESK AT 828.497.9163 EXT. 7550



Analenisgi will be closed:  
October 8  
November 11  
November 27-28

**There is a 10 Min Cut-off Time For Each Group. Please Arrive Early to Sign-In.**

(Revised 09/16/2025)

| Group Type:                                                                                                                                             |                                              | Open Group                                         |                                    | Referral Only                                           |                                                     | MAT Only                                    |  | Community Meeting                             |                                                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------|----------------------------------------------------|------------------------------------|---------------------------------------------------------|-----------------------------------------------------|---------------------------------------------|--|-----------------------------------------------|---------------------------------------------------------|
| Location:<br><br>                                                                                                                                       |                                              | H = Hickory                                        |                                    | WO = White Oak                                          |                                                     | A = Art Room                                |  | RC = Rivercane                                |                                                         |
|                                                                                                                                                         |                                              | M = Maple                                          |                                    | P = Picnic Table                                        |                                                     | SF = Sacred Fire                            |  |                                               |                                                         |
| <b>MONDAY</b>                                                                                                                                           |                                              | <b>TUESDAY</b>                                     |                                    | <b>WEDNESDAY</b>                                        |                                                     | <b>THURSDAY</b>                             |  | <b>FRIDAY</b>                                 |                                                         |
|                                                                                                                                                         |                                              |                                                    |                                    |                                                         |                                                     |                                             |  |                                               |                                                         |
| THC Education<br>8:00-8:30<br>RC                                                                                                                        |                                              |                                                    |                                    | Benzo & Alcohol Education<br>8:00 - 8:30<br>RC          |                                                     |                                             |  |                                               |                                                         |
|                                                                                                                                                         |                                              |                                                    |                                    |                                                         |                                                     |                                             |  |                                               |                                                         |
|                                                                                                                                                         |                                              |                                                    |                                    | SAT -<br>Substance Abuse Treatment<br>9:00 - 11:00<br>H | Coloring Club<br>9:00 - 10:00<br>AR                 |                                             |  |                                               | SAT -<br>Substance Abuse Treatment<br>9:00 - 11:00<br>H |
| MAT Group Connections<br>10:00 - 11:00<br>WO                                                                                                            |                                              | MAT Group Living in Balance<br>10:00 - 11:00<br>WO |                                    | MAT Group Seeking Safety<br>10:00 - 11:00<br>WO         |                                                     | MAT Group Wellbriety<br>10:00 - 11:30<br>WO |  | MAT Group MH/EH Series<br>10:00 - 11:00<br>WO |                                                         |
| Cognitive Behavioral Therapy - CBT Group<br>11:00 - 12:00<br>H                                                                                          |                                              | Cherokee History<br>11:00 - 12:00<br>WO            |                                    | Mindful Beading<br>11:00-12:00<br>AR                    | Dialectical Behavioral Therapy<br>11:00- 12:00<br>H | Yoga<br>11:30 - 12:30<br>WO                 |  | Focus Forward<br>11:00 - 12:00<br>H           | Diamond Art 11:00 - 12:00<br>AR                         |
|                                                                                                                                                         |                                              |                                                    |                                    |                                                         |                                                     |                                             |  |                                               |                                                         |
| Beading 2.0<br>1:00 - 3:00<br>AR                                                                                                                        | Life Recovery<br>1:00 - 2:00<br>RC           | Mindful Walking<br>1:00 - 3:00<br>WO               | Coloring Club<br>1:00 - 2:00<br>AR | OTP Contact for Recovery<br>1:00 - 1:30<br>H            |                                                     | everyBODY Welcome<br>1:00 - 2:00<br>H       |  | OTP Contact for Recovery<br>1:00 - 1:30<br>WO | Diamond Art 2.0<br>1:00 3:00                            |
|                                                                                                                                                         | Positive Indian Parenting<br>2:00-3:30<br>WO |                                                    | Grief Group<br>2:00 - 3:00<br>H    | WRAP - Wellness Recovery Action Plan<br>2:00-3:00<br>AR |                                                     |                                             |  |                                               | AR                                                      |
|                                                                                                                                                         |                                              | Women's DV Group<br>3:00 - 4:00<br>H               |                                    |                                                         | Anger Learning Circle<br>2:30 - 4:00<br>WO          | Hand Drum & Wellbriety<br>2:30 - 3:30<br>WO |  |                                               |                                                         |
| Men's DV group<br>4:30 - 5:30<br>WO                                                                                                                     |                                              |                                                    |                                    |                                                         |                                                     |                                             |  |                                               |                                                         |
|                                                                                                                                                         |                                              |                                                    |                                    |                                                         |                                                     |                                             |  |                                               |                                                         |
| Narcotics Anonymous<br>6:00 - 7:00<br>RC                                                                                                                |                                              |                                                    |                                    |                                                         |                                                     | Alcoholics Anonymous<br>6:30 - 7:30<br>RC   |  |                                               |                                                         |
| Groups Key: MAT: Medication-Assisted Treatment SAT:Substance Abuse Treatment      CBT: Cognitive Behavioral Therapy DBT: Dialectical Behavioral Therapy |                                              |                                                    |                                    |                                                         |                                                     |                                             |  |                                               |                                                         |



# ANALENISGI

*The following is a full description of all classes hosted at Analenisgi.*

## **Open Groups**

*These groups are open to any active client of Analenisgi.*

### **THC Education**

Gain a clear understanding of how THC affects the brain, body, and behavior. This informative class explores the short- and long-term impacts of cannabis use, helping you make informed choices about your health and well-being. Open to anyone curious about how THC may be influencing their life.

### **CBT Group - Cognitive Behavioral Therapy**

This group offers a supportive and structured space to learn and practice Cognitive Behavioral Therapy (CBT) techniques. CBT is based on the idea that our thoughts strongly influence our emotions and behaviors. By identifying and challenging unhelpful thought patterns, participants can gain practical tools to improve mood and daily functioning.

Topics explored in the group include (but are not limited to): anxiety, depression, mood regulation, self-esteem, panic, social anxiety, perfectionism, sleep concerns, body image, eating disorders, distress tolerance, and interpersonal challenges.

Whether you're new to CBT or looking to build on existing skills, this group is designed to help you take active steps toward positive change.

### **Coloring Club**

This group provides a calm and supportive space to practice mindfulness through the creative process of coloring. Participants will use simple coloring activities as a way to slow down, focus on the present moment, and reduce stress. The group emphasizes relaxation, self-expression, and grounding techniques. No artistic skills are required—just a willingness to participate.

### **Cherokee History**

This class offers an overview of the rich history of the Eastern Band of Cherokee Indians (EBCI), exploring the tribe's cultural heritage, historical events, and enduring traditions. Participants will gain a deeper understanding of the EBCI's past and present, fostering a sense of connection, identity, and cultural pride. Open to anyone interested in learning more about Cherokee history from a respectful and informed perspective.

### **everyBODY Welcome**

This group is exactly how it sounds: Every. Body. Is. Welcome. Sometimes in life, we might look in the mirror and not like what we see, or maybe you've been curious about working out but haven't had someone to talk about it with. Perhaps you feel like you haven't been eating in a way that makes you feel good and healthy. In this group, we can work towards improving body image, have discussions surrounding exercise and diet, and work towards becoming the healthiest and happiest version of ourselves.



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## **Mindful Walking**

Experience the calming benefits of mindful movement in this peaceful, guided walking group. Each session combines light physical activity with mindfulness practices such as breath awareness, body scanning, and grounding techniques. Mindful Walking offers a gentle way to reduce stress, enhance emotional regulation, and reconnect with the present moment—both in nature and within yourself.

All fitness levels are welcome. Please wear comfortable shoes and dress appropriately for the weather.

## **Benzo and Alcohol Education**

This educational group provides clear, evidence-based information about the effects of benzodiazepines and alcohol on the brain, body, and behavior. Participants will explore topics such as dependence, tolerance, withdrawal, and the risks of combining substances. The group also offers insight into how these substances may impact mental health, relationships, and daily functioning.

Whether you're in recovery, considering change, or simply seeking to understand more, this class supports informed decision-making in a respectful, nonjudgmental environment.

## **DBT - Dialectical Behavioral Therapy**

If you struggle with intense emotions, relationship challenges, or black-and-white thinking, this skills-based group may be a helpful step forward. Dialectical Behavior Therapy (DBT) teaches practical tools to support emotional balance, healthy coping, and more effective communication.

Participants will learn and practice four core DBT skill areas: mindfulness, which focuses on increasing awareness and presence in the moment; distress tolerance, which helps manage crisis situations without making them worse; emotion regulation, aimed at understanding and managing strong emotions; and interpersonal effectiveness, which supports building and maintaining healthy relationships.

This group provides a structured and supportive environment for learning, reflection, and personal growth.

## **Mindful Beading**

This class blends Native cultural traditions with practical coping skills to support mental wellness. Using beading as a mindful activity, participants will practice focus and presence while exploring concepts like radical acceptance and other tools to improve relationships and decision-making. Mindful Beading offers a unique space to connect mental health with Cherokee culture, fostering healing and personal growth.



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## **Grief Group**

This group offers a safe, compassionate space to connect with others who are experiencing loss. It's an opportunity to share your story, learn coping tools, and gain support from people who understand. While grief is a deeply personal journey that doesn't have a timeline, this group aims to help you better understand your feelings and normalize the grieving process in a supportive environment.

## **Focus Forward**

ADHD often coexists with mental health challenges such as anxiety, depression, or substance use, which can affect executive functioning skills like time management, organization, and planning. These difficulties may impact daily life, academic or career success, and overall well-being. This group offers a supportive space to build practical skills, share experiences with peers, and find motivation to create lasting change. Through targeted interventions, participants develop strategies to improve focus, manage challenges, and build resilience for long-term success.

## **Yoga**

This class is open to everyone - no experience, flexibility, or specific body type required. Whether you want to reduce anxiety, develop healthier coping skills, build strength and mobility, or ease aches and pains, this mindful yoga class offers a supportive space to nurture your body and mind. Join us on this gentle journey toward greater well-being and self-care.

## **Diamond Art**

Discover the basics of diamond painting as a meditative and creative coping tool. This class provides a relaxing space to unwind, improve focus, and create beautiful art pieces. Alongside the art-making, we'll explore additional coping strategies to support your mental wellness.

## **Positive Indian Parenting**

Learn and discuss parenting methods that honor children and indigenous traditions. This is a supportive space for anyone interested in improving their parenting and/or caregiver skills. Participants who attend all modules are eligible to receive a certificate of completion.



# ANALENISGI

## **MAT Only Groups**

*These groups are only open to participants in the MAT Program.*

### **MAT Group - Medication-Assisted Treatment**

This group is designed to support you throughout your recovery journey with Medication-Assisted Treatment (MAT). We will explore all stages of change, from navigating the challenges of early recovery to building skills for relapse prevention and long-term success. Join us to learn practical tools, gain peer support, and strengthen your path toward lasting wellness.

### **OTP Contact for Recovery**

This group focuses on teaching mindfulness skills to support you throughout your recovery journey. Mindfulness practices can help increase self-awareness, manage cravings, and reduce stress, empowering you to stay grounded and resilient as you work toward lasting wellness.

## **Referral Only/Prerequisite Required Groups**

*These groups require a referral or a prerequisite and are offered on a rotating schedule. Speak to an Analenisgi staff member if you are interested in being referred to one of the groups below.*

### **Beading 2.0**

This advanced beading class invites participants to work on more intricate projects for up to two hours per session. You'll create beautiful pieces such as beaded medallions, cabochon earrings, rope necklaces, and a 4x4 beaded art project. Building on the foundation of mindful beading, this class continues to tie creative expression to Cherokee culture and mental wellness, offering a meaningful way to support healing and personal growth through traditional art.

### **Men's Domestic Violence Group**

Analenisgi's Domestic Violence Treatment Program is designed for both court-ordered and voluntary participants, with the goal of ending domestic violence in our communities. Using a learning circle format, this group provides a supportive space to explore personal stories, understand how childhood experiences impact behavior today, and identify positive changes participants want to make moving forward. We work together toward healing, accountability, and building healthier relationships.

*Referrals must be made by a therapist.*



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## **SAT - Substance Abuse Treatment**

This 48-hour program is designed for individuals with substance use diagnoses seeking support in their recovery journey. The program focuses on teaching early recovery skills, relapse prevention strategies, and covers a variety of topics related to overall wellness in recovery. Participants will gain practical tools and peer support to build a strong foundation for lasting change.

*Referrals must be made by a therapist.*

## **Women's Domestic Violence Group**

Analenisgi's Domestic Violence Treatment Program is designed for both court-ordered and voluntary participants, with the goal of ending domestic violence in our communities. Using a learning circle format, this group provides a supportive space to explore personal stories, understand how childhood experiences impact behavior today, and identify positive changes participants want to make moving forward. Together, we work toward healing, accountability, and building healthier relationships.

*Referrals must be made by a therapist.*

## **WRAP - Wellness Recovery Action Plan**

Wellness Recovery Action Plan (WRAP) is a prevention and wellness program designed to help individuals get well, stay well, and take charge of their recovery journey. In this class, participants gather personalized recovery tools and create action plans to support a more manageable and fulfilling life. WRAP is open to anyone who wants to build greater control over their wellness and embraces the belief that there are no limits to a person's potential for recovery and well-being.

*This is an 8-week Closed Class. Referrals must be emailed to Bryn Hoyle and Lara Conner.*

*Participants must be willing to attend all 8 sessions.*

## **Anger Management Learning Circle**

This learning circle provides a supportive space to explore personal stories and develop effective anger management skills. Through group discussion and practical coping strategies, participants will gain tools to better understand and manage their emotions, fostering healthier responses and relationships.

*This is a 9-week Closed Class. Referrals must be made to [learningcircle@chokeehospital.org](mailto:learningcircle@chokeehospital.org)*

*Participants must be willing to attend all 9 sessions.*



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## **Hand Drum & Wellbriety**

In this four-week class, participants will explore the Four Directions of the Wellbriety Movement and the recovery steps that support healing and wellness. Using this knowledge, students will create a traditional hand drum from start to finish. The final session offers an opportunity to learn a traditional Native song and play together on the drums, celebrating community, culture, and recovery. *This is a 4-week Closed Class. Referrals must be made to [learningcircle@cherokeehospital.org](mailto:learningcircle@cherokeehospital.org). Participants must be willing to attend all 4 sessions.*

## **Diamond Art 2.0**

Elevate your diamond painting skills in this advanced class designed for experienced artists. Focus on intricate designs and advanced techniques as you challenge yourself to create stunning, detailed masterpieces. Join us to deepen your practice in a supportive and creative environment.

## **Galvgwodiya After-Care**

This learning circle is open to anyone who has attended Galvgwodiya's 5-day training or any learning circles facilitated by Galvgwodiya (e.g., anger learning circle). Join us as we continue to build community and work toward your individual goals in a safe, peer-led, and confidential space.