



## Spiritual-Care Groups in a Mental Health Setting

### Ideas for Spiritual Care Groups

#### *Group Titles at OSH*

- Art for Spiritual Reflection
- Bible Puzzle Coloring
- Celebrating Advent
- Creation Stories from around the World
- Exploring Forgiveness
- Exploring Parables of Jesus
- Golden Secrets of Life (based on the book *7 Habits of Highly Effective People* by Stephen Covey)
- Hope for Our Souls
- Inspirational Movies
- Inspirational Testimonies
- Life Stories: Anger
- Life Stories: Forgiveness
- Life Stories: Les Miserables
- Loss and Grief (based on stories from the Hebrew Scriptures, e.g. The life of Joseph in the book of Genesis)
- Loss and Grief (based on the book *All Our Losses, All Our Grievs* by Kenneth R. Mitchell and Herbert Anderson)
- Prayer Flags
- Prayer Practices
- Refuge Recovery (uses the *Refuge Recovery* format as outlined in Noah Levine's book)
- Sacred Readings from around the World
- Sacred Singing in the Chapel
- Songs: Change
- Songs: Christmas
- Songs: Feelings
- Spiritual Practices: Imaginative Meditation
- Spiritual Struggles
- Values Compass
- World Religions
- Writing for Spiritual Well-Being