

List of Activities Offered at Bayside Marin

Acupuncture-Done in a group setting and focuses on the points of the body responding to addiction and recovery. Residents may attend on Thursday's at 2:00pm at our downtown facility. Residents may also request extra individual sessions; extra fee applies.

Art Therapy-led by Doreen Meister, MFT, Class focuses on residents learning an alternative form of expression-no prior art experience is necessary!

Big Book Study-Off site group offering residents the chance to take a closer look at the big book in a group setting, discuss material, and share dialogue. Sunday's at 10:00AM. Great opportunity to learn about the Big Book!

Eco Therapy-Led by Emily Swanson, LMFT. This class utilizes gardening and nature as it relates to recovery and our psychological and emotional lives. Generally offered Monday's at 1:30. Dress comfortably as residents will be working in the garden.

First Year Recovery-therapists from our outpatient program lead a class focused on life outside residential and various topics associated with how to stay sober during your first year.

Karaoke-Led by James, a recovered veteran himself, who helps residents connect with themselves and learn how to have sober fun, challenging any shame and self-consciousness through singing, laughing, and have a good time!

Mark Lundholm-a day long workshop once a month that invites residents to look t at their recovery and related experiences through the lens of humor and comedy. Mark Lundholm has over 25 years of recovery and speaks at engagements all over the county.

Massage-Each resident may receive 2 massages during their stay; additional massages may be requested and paid for by resident.

Meditation-Led by various staff at various times. Most groups also start with a relaxation or meditation time.

Mindfulness in Recovery- Led by mindfulness certified MFT, Ashley Thompson, an enriching class to help clients reconnect with themselves through breath, mindfulness exercises, and experiential learning.

Models of Recovery/The Brain and Addiction-Led by Dr. Molly Bourne-this class teaches residents about the addicted brain and the role of medication in recovery. Generally offered the first Monday of the month at 1:30.

Music Therapy-Led by therapist, Jennifer Rodway, LMFT, a class to help clients reconnect with music, themselves, and learn the role it plays in their recovery.

Phase Group-Offered Sunday, Wednesday and Fridays. Residents share their written phase work and receive feedback from their peers.

Pilates- Pilates is a form of exercise, which emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement. Wear exercise clothes.

Process Group-Offered Monday through Friday. This is a traditional support group where residents can talk about whatever they'd like and receive feedback from their peers. This group is led by one of the staff therapists.

QiGong- Led by Denise Aubin, Qigong is an integration of physical postures, breathing techniques, and focused intentions, offered at least twice a week on Tuesdays and Saturdays. Wear exercise clothes.

Sober Fun-Levels 2 and 3 get to have some off-site sober fun time! Activities include hikes, the beach, mini golf, stand up paddle boarding, bowling, movies etc...

Somatic Therapy Led by Dawn Angel a certified somatic therapist, a class to help residents learn to manage any trauma by paying attention to their bodies and applying various healing techniques.

Spirit Rock- on the second Friday of every month, a 2 hour dharma talk and meditation on recovery, all through the lens of eastern thought and philosophy.

Therapeutic Movement Class-A fun group for residents to re-connect with their bodies and learn how to express themselves non-verbally. Wear comfortable clothes.