

Our Mission Statement:
Dedicated to improving your mental health.

Our Core Values:

Compassion:
We value our clients and strive to enrich and improve their lives.

Respect:
We are committed to treating our clients and community with courtesy, dignity, and understanding. We are mindful of individual differences and cultural and ethnic diversity.

Integrity:
We pledge to provide honest and ethical services to our clients. We align our actions with our words and deliver what we promise.

Innovation:
We strive to be the leaders in education and advancement of knowledge in our fields.

Hope:
Hope is the belief that improvement is possible. Through hope we inspire others to dream and strive for goals.

We share our belief that people can change their lives. We assist clients to identify their aspirations and build upon their strengths.

The Center for Personal Growth is located near the intersection of 30th Street and Adams Avenue in the Normal Heights area of San Diego.

Public Transportation: The number 2 bus stops at 30th St. and Adams Avenue.

Parking: Street parking is available.



The San Diego Center for Family Therapy is located near the intersection of East 30th Street and National City Blvd. in National City.

Public Transportation: The number 932 bus stops at 30th St. and National City Blvd.

Parking: Parking is available in the parking lot adjacent to the building.



Exodus Recovery is located right off of highway 78.

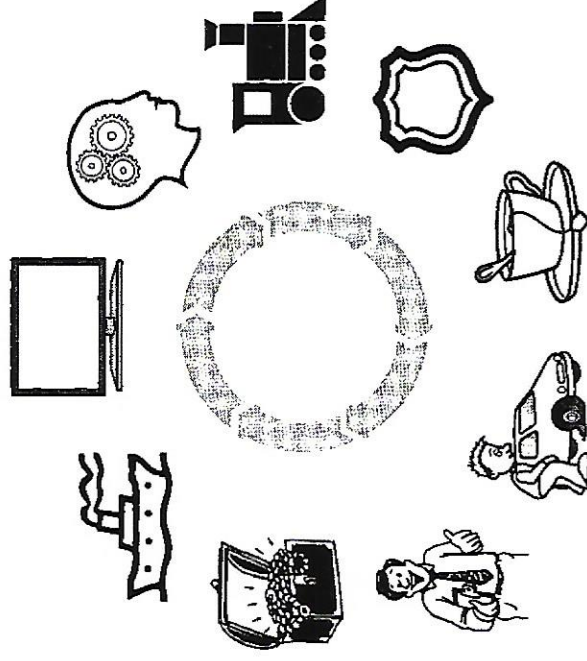
Public Transportation: The number 302 bus stops right in front of the building. The Vista Transit Center is just a few blocks away.

Parking: Parking is available in the parking lot adjacent to the building.



SkillsSystem

Regulate Emotion. Maximize Potential.



Center for Personal Growth
4656 30th Street
San Diego, CA 92116
619-405-6378
www.centerforpg.com



Satellite Locations:

San Diego Center for Family Therapy
124 East 30th Street, Suite A1
National City, CA 91950

Exodus Recovery
550 West Vista Way, Suite 109
Vista, CA 92083

About the Skills System:

The Skills System is an adaptive coping skills curriculum that helps individuals with learning challenges to improve emotional, cognitive, and behavioral regulation skills. This group is for people who are dually diagnosed (both with a developmental disability and a mental health diagnosis).

People who would benefit from this group may have angry outburst, relationship problems, depression, anxiety, difficulty controlling impulses, and low frustration tolerance. People who may also benefit from this group may have a diagnosis of Borderline Personality Disorder or exhibit Borderline Personality traits.

For more information about the Skills System, please visit www.skillssystem.com

This service is being funded by the San Diego Regional Center after recommendations to receive this service are reviewed and approved by the ID team and SDRC.

There are nine skills in the Skills System:

1. Clear Picture: Helps me notice what is happening inside and outside of me right now and be grounded and mindful in the moment (not things that have happened to me in the past or things that may happen to me in the future).
2. On-Track Thinking: Helps me think clearly about what I want and what will work to help me reach my goals.
3. On-Track Action: Helps me take positive steps towards my goals and adjust my plans if needed.
4. Safety Plan: Helps me handle risky situations that are happening right now or may happen in the future.
5. New-Me Activities: Helps me to focus my attention when I feel confused, feel better when I am stressed, have fun when I am grumpy, and distracts me when I am frustrated.
6. Problem Solving: Helps me be clear about my goal, identify possible barriers, and develop plans A, B, and C to address the problem.
7. Expressing Myself: Helps me communicate what I am thinking and feeling to others.
8. Getting It Right: Helps me be in the right mind, choose the right person, choose the right time and place, use the right tone of voice, and choose the right words to ask for what I want and need.
9. Relationship Care: Helps me have healthy relationships with myself and others.

Frequently Asked Questions

- You must be 18 years old or older to participate.
- All participants must have an open and active case at the San Diego Regional Center.
- The Skills System program is a one year commitment and all participants must make a commitment to attend for the full year.
- Groups are held weekly from 6:00 pm to 7:00 pm at the Center for Personal Growth. Individual sessions are typically scheduled before or after group.
- The group size is from four to ten participants per group. If a group is full, participants can be added to a waiting list.
- Each participant must have a designated support person who is willing to attend a psycho-educational group with the participant from 6:00 pm to 7:00 pm once a month.

If you are interested in joining this group, please contact your San Diego Regional Center Service Coordinator and ask for a referral.

Referral forms are available on our website at:

www.centerforpg.com