

Center for Personal Growth, Inc.

“Dedicated To Improving Your Mental Health”

Telephone: (619) 405-6378

www.centerforpg.com

To: Designated Skills System Support Person

From: The Center For Personal Growth, Inc. Skills System Group Facilitators

RE: Skills System Support Person

Thank you for agreeing to be the support person for the client interested in enrolling in the Skills System Group at the Center For Personal Growth, Inc. Being a designated support person for the client is an important part of the client’s treatment process and part of the group enrollment requirements. Client’s who have designated support people helping them to utilize the skills taught to them in the Skills System Group have better therapeutic outcomes. Here are some commonly asked questions about the role of a designated support person:

What qualities should a support person have?:

The Center For Personal Growth, Inc. group facilitators only see the clients for a maximum of an hour and a half a week (one hour of group therapy and half hour of individual therapy). Therefore, we can only assist our clients in utilizing the skills we teach them while they are at our facility. Our hope is that our clients utilize these skills outside of our facility and integrate them into their daily lives. Ideally a support person should have regular and frequent contact with the client so that they are able to assist the client in utilizing the skills taught to them in group if needed.

What kind of commitment does this role require?:

Being a designated support person requires a small commitment on your part. You are committing to attend mandatory monthly Skills System Support Group meetings. These meeting are for one hour per month and are hosted on Wednesdays from 6:00 pm to 7:00 pm. You (the designated support person) AND the client should both attend this meeting together. The focus of these meetings is for the support person to learn the Skills that are being taught to the client’s in the Skills System group so that the support person can assist the client to utilize these skills in their daily lives.

What else is involved in being a support person?:

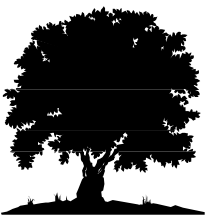
Very little. Just a positive attitude and regular attendance to these meetings. These meetings are mandatory. If a pattern of absences becomes a problem a meeting with the client’s SDRC Service Coordinator, the client, and you will be requested to address the issue.

Locations:

*Exodus Recovery Project Connect
3026 University Ave., Suite B
San Diego, Ca. 92104*

*Exodus Recovery, Inc.
550 West Vista Way, Suite 109
Vista, Ca. 92083*

*San Diego Center for Family Therapy, Inc.
124 East 30th St., Suite A1
National City, Ca. 91950*



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Skills System Support Person Group (National City): 2025

Date: All Groups are held on the **Third** Wednesday of each month.

Time: 6:00 pm to 7:00 pm.

Location: 124 East 30th Street, Suite A1, National City, CA. 91950

- Wednesday, January 15, 2025
- Wednesday, February 19, 2025
- Wednesday, March 19, 2025
- Wednesday, April 16, 2025
- Wednesday, May 21, 2025
- Wednesday, June 18, 2025
- Wednesday, July 16, 2025
- Wednesday, August 20, 2025
- Wednesday, September 17, 2025
- Wednesday, October 15, 2025
- Wednesday, November 19, 2025
- Wednesday, December 17, 2025

The above dates can be found on our website at the following link:

<http://www.centerforpg.com/forms/Support-Person-Group-Dates-2025.pdf>

**If you cannot attend this group, please call:
Nicole Jack at 619-535-1544.**

We are closed on all Federal Holidays:

- New Year’s Day** January 1
- Martin Luther King’s Birthday** 3rd Monday in January
- Washington’s Birthday** 3rd Monday in February
- Memorial Day** last Monday in May
- Juneteenth National Independence Day** June 19
- Independence Day** July 4
- Labor Day** 1st Monday in September
- Columbus Day** 2nd Monday in October
- Veterans’ Day** November 11
- Thanksgiving Day** 4th Thursday in November
- Christmas Day** December 25

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