

NCHPAD GROWTH

GROWTH: Growing Resilience Out of Wellness and Thoughtful Habits is a 6-week mental wellness promotion program available only through NCHPAD Connect.

Interactive and Engaging

Participate in an online, interactive, group-based program that encourages active engagement, discussions and learning in a supportive setting.

Safe and Inclusive Environment

Experience a safe and inclusive virtual space where you can freely express yourself, share experiences and connect with others who understand and empathize with you.

Long-Lasting Tools and Strategies

Learn new tools, coping mechanisms and lifelong strategies that can be applied not only during the program but also throughout your life to enhance mental well-being.

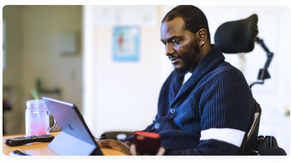
Strengthen Your Mental Health and Well-Being

Our 6-week program focuses on fundamental strategies to nurture your mental health and mental well-being for individuals with an existing disability or a recent diagnosis. Access the GROWTH program and more by joining NCHPAD Connect!

Secure your spot!







Exploring Mental Well-Being: The GROWTH Program

The goal of this program is to equip individuals with invaluable knowledge and heightened awareness about mental health and well-being. By delving into key topics, we aim to provide participants with disabilities with the tools they need to navigate mental health challenges effectively.

- **Mental Health and Awareness:** Understand mental health, distress signs and effective responses.
- **Build Connections:** Establish meaningful connections within oneself, with others and with supportive coping strategies and resources.
- **Holistic Self-Care Practices:** Learn mindfulness, meditation, gratitude and various self-care techniques.
- **Navigating Emotions and Perspectives:** Explore creative strategies and tools for managing thoughts and emotions.
- **Understanding Ableism and Advocacy:** Gain insights into ableism's impact on mental well-being and how advocacy and connection can offer support.

Frequently Asked Questions

What if I cannot attend every meeting?

No problem! While we encourage regular attendance to get the most out of the program experience, we understand that life can get busy. That is why our health coaches provide handouts with the program content after each session.

If I have a mental illness, can I still join the program?

Yes, you can. **A disclaimer:** the GROWTH program is led by public health approach. If you need trained counseling services, we can share information and resources with you. If you currently have a serious mental illness, this may not be the program for you.

When and where are classes offered?

All classes are virtual, so you can participate from the comfort of your own home. Classes are offered via Zoom every Tuesday and Thursday from 10:00-11:15 AM CST during the six weeks of the program.

How do I sign up for GROWTH?

First you need to join NCHPAD Connect. Once you join NCHPAD Connect and fill out our questionnaire, our team will work with you directly to get you enrolled. If you are already part of NCHPAD Connect and want to join GROWTH, contact us at nchpad@uab.edu or 866-866-8896.

What is the time commitment?

Two hours and thirty minutes per week for six consecutive weeks, hosted through live virtual Zoom classes by our mental health coaches.

How much does the program cost?

It doesn't cost anything except your time.

Who can join the program?

GROWTH is open to anyone living with a mobility limitation who is interested in learning about mental health and wellness through meaningful conversations, activities and shared resources.

What is GROWTH?

GROWTH, which stands for **G**rowing **R**esilience **O**ut of **W**ellness and **T**houghtful **H**abits, is a six-week mental wellness program designed to create a safe and nurturing space for individuals with disabilities to explore and develop strategies for managing their mental health effectively. The program focuses on fostering resilience, self-acceptance and personal growth, empowering participants to lead a fulfilling and meaningful life.

Need Help Getting Started?

Have questions about NCHPAD? We're here to help!

Contact Us

NCHPAD Connect

NCHPAD is working to improve participation and access to health promotion opportunities, programs and resources through NCHPAD Connect.

Learn More

The National Center on Health, Physical Activity and Disability is headquartered at the University of Alabama at Birmingham (UAB) School of Health Professions.

The National Center on Health, Physical Activity and Disability (NCHPAD) is a public health practice center providing inclusive health promotion programs and resources for people with disabilities. NCHPAD is funded by the Centers for Disease Control and Prevention (CDC). National Center on Birth Defects and Developmental Disabilities (NCBDDD), Division of Human Development and Disability, Disability and Health Promotion Branch, Grant #NU27DD000022. The contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

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