

### Product Description

An expert-facilitated group of 12 people with common health goals comes together each week over 12 weeks via phone and Web 2.0 tools. For 90 minutes, they discuss their challenges and share insights. Activities entail contact with other cell members and Web-based homework activities throughout the week.

- ✓ To offer emotional education specific to mental health issues
- ✓ To support clients with access to additional professional resources locally or through the website
- ✓ To instill motivation and group accountability
- ✓ To provide an opportunity to be heard

### Cell Group Topics:

Each Cell Group is facilitated by an expert and includes relevant topics:

- ✓ Emotional eating and its relationship to weight loss
- ✓ Preventing and reversing type 2 diabetes
- ✓ Depression: the way out
- ✓ Building stress resilience
- ✓ Conquering anxiety
- ✓ Anger management
- ✓ Building healthy marriages
- ✓ Enhanced relationship skills

### Educational Objectives

- ✓ To connect individuals with common health concerns and goals
- ✓ To build awareness, create goals, develop execution plans, and track progress
- ✓ To provide a forum where confidentiality and safety are guaranteed
- ✓ To offer lifestyle education specific to physical health issues

### Interactive Education

Weekly sessions are conducted through the following mediums and forums:

- ✓ Webinar teleconference meeting tools
- ✓ Confidential journaling in Web database accessible only to group members and facilitator
- ✓ Email chatroom accessible only to group members
- ✓ Telephone contact between group members

### Continuing Education

Cell Groups start in September and January and last for 16 weeks. When finished a cycle, participants can either go back to the same topic or progress to a new cell group/topic.

### Target Audience

Adults and youth (14+) throughout North America who seek to achieve a health goal using cell group support dynamics.