

Social Services: Groups and Workshops

To ensure a positive group experience, an initial interview is required for each group. No walk-ins please. The Actors Fund services are free and confidential and offered to ALL entertainment industry professionals.

Strategies for Fighting Depression & Anxiety

An eight week group focused on teaching basic tools to help you manage your mood. Unlike traditional talk therapies, this structured group will feature weekly guided exercises and homework assignments with the goal of helping you take control of how you feel.

Men Over 50 Group

Are you a male 50 years or older and seeking a safe setting to share your personal life challenges while aging? Discuss such topics as:

- Meaning Making
- Leaving a Legacy
- Ageism
- Sexuality and Intimacy
- Self-Esteem
- Health and illness
- Death and Dying
- Grief and Loss
- Relationships

Are You ON THE FENCE with Life in the Industry?

Take the time to explore with your peers the emotional, spiritual and practical issues of continuing your career in the industry. This 8-week group is free and confidential and open to all professionals in performing arts and entertainment.

What's My Ability

Are you a professional in performing arts and entertainment who is now living with a **disability or Chronic Illness**? Hoping to discover or renew your identity and purpose? Interested in enhancing your health and happiness? Searching for a listening ear, affirmation, support, coping tools, understanding and connection?

Sober Community

In partnership with Twin Town Treatment Centers, The Actors Fund has created an Actors Fund Sober Community. This is an ongoing sobriety group to support one's own path of recovery and share it in a community consisting of other Actors Fund members. The group focuses on life sobriety skills and how to incorporate these into daily living. Any person is welcome, whether you are in early or longtime recovery.

The Green Room

This is a **12-Step 1-hour Open Discussion** meeting. This weekly meeting is open for those with an alcohol problem who have the desire to stop drinking. **Every Friday 12:30-1:30 PM. Open to all. No RSVP or interview required. Feel free to bring your lunch. No parking validation provided. Street parking available for \$1.00 per hour. Alcoholics Anonymous 323.936.4343 www.lacaaa.org**

Check out our website at www.actorsfund.org for all upcoming groups and services. For additional information or to sign-up for any of these groups, please email LAGROUPS@actorsfund.org.