



Mental Wellness Practice Groups

Pilot Program

Purpose

To test the viability and impact of community-based Mental Wellness Practice Groups that support emotional and relational growth through reflection, skill-building, and connection.

Pilot Duration:

6–12 sessions over 6–12 weeks (depending on organization/community schedule)

Facilitator:

Leah Challberg, LICSW and ordained pastor

Cost:

\$100/session

Goals of the Pilot

- Introduce core mental wellness skills in a community setting
- Gather feedback to refine the format and content towards creating a sustainable model for ongoing groups (volunteer-led or co-led)
- Provide meaningful support to members navigating stress, change, grief, or relationship challenges
- Strengthen community connection by offering space for shared reflection and skill-building



Sample Timeline & Session Structure

Pre-Launch

- No later than two weeks before the first session, there will be a 30–60–minute planning meeting between the Rootwise facilitator and the organizational/community leader(s) to customize session themes based on congregational needs (see examples below)
- Promoting the group:
 - Host organization will determine the timeline for promoting the group and be primarily responsible for recruiting attendees
 - Rootwise to provide flyer, announcement text, and graphics for bulletin/email/social

Session Flow (60 minutes per group)

1. Welcome, Opening ritual (prayer, breathing exercise, grounding, etc.)
2. Group Agreement Reminder & Check-In
3. Short Teaching (5–10 min)
4. Group Reflection or Activity
5. Skill Practice & Application
6. Wrap-Up & Between Group Practice

Post-Launch

- Final evaluations given to participants and host organization/community
- Three month post-group brief check-in with participants to learn about longer-term impact



Group Themes

Below are some options to consider, but will be customizable to the community context:

- Practicing calm in difficult moments
- Boundaries and people-pleasing
- How to name and validate emotions (in yourself and others)
- Effective communication
- Understanding and managing grief and ambiguous loss
- Sustainable hope and spiritual resilience
- Burnout and emotional sustainability
- Mental health and faith
- Navigating change and transitions
- Belonging and disconnection
- Play and joy
- Resilience in caregiving

Feedback & Evaluation

- Anonymous, brief (3-question) participant feedback form after each session
- Anonymous final evaluation after end of series for group participants and host organization/community
- Participants will be invited to opt into giving feedback that may be used (with permission and anonymized if requested) in future promotional materials
- Three month post-group brief check-in with participants to learn about longer-term impact



Host Responsibilities

To ensure the success of this group, the host organization agrees to provide the following:

For In-Person Groups:

- ADA-compliant, quiet, and private meeting space
- Staff member or volunteer on-site or on-call during sessions
- Printed handouts (if provided by Rootwise)
- Nametags, writing utensils, and blank paper (if needed)

For Virtual Groups:

- Access to a virtual platform (Zoom, Google Meet, etc.) or confirmation to use the facilitator's platform
- Host-led communication with participants, including reminders

For All Groups:

- Designated point of contact for planning and logistics
- Marketing or communication via usual church/org channels
- Pre-registration or RSVP coordination (including sending reminders a week and day before group) unless otherwise arranged
- Agreement to clearly communicate that this group is not therapy

Facilitator Responsibilities

Rootwise is committed to offering high-quality, compassionate group facilitation tailored to the needs of your community. The group facilitator agrees to:

- Collaborate with the host organization to clarify group goals, tone, and logistics
- Prepare group content that is thoughtful and responsive to the agreed-upon topic(s) and community needs



- Facilitate the group in a trauma-informed and respectful manner
- Begin and end sessions on time, and create a clear opening and closing for each session
- Name the difference between this group and therapy, including reminders of scope and boundaries
- Provide follow-up resources, when appropriate
- Communicate proactively about any changes, concerns, or needs that may arise

Rootwise is committed to creating emotionally brave, spiritually grounded group experiences that support reflection, connection, and growth.