

Day	Time	Group	Counselor	Room #
1-Monday	9-10a	Seeking Safety	Maddie	Zoom
1-Monday	10-11a	Self-Awareness	David D/Tiffany	Zoom
1-Monday	10-11a	Orientation- One time requirement for all clients	Bethany	Zoom
1-Monday	11a-12p	Employee Readiness- In Person Only	Michelle	3
1-Monday	2-3p	Living in Balance 1	Rachel	Zoom
1-Monday	3-4pm	Living in Balance 2	Rachel	Zoom
1-Monday	5:30-6:30p	Living in Balance 3	Amy	Zoom
1-Monday	6:30-7:30p	Life Skills	Amy	Zoom
1-Monday	7:00-8:00p	SAGE (Referral Only)	Michelle	Zoom
2-Tuesday	9-10a	Healthy Relationships	Lisa C	Zoom
2-Tuesday	10-11a	Early Recovery Skills	Sev	Zoom
2-Tuesday	5:30-6:30p	Orientation- One time requirement for all clients	Michelle	Zoom
2-Tuesday	5:30-6:30p	Cognitive Behavioral Therapy	Bethany	Zoom
2-Tuesday	5:30-6:30p	Talking About Change (Referral Only)	Tonya	Zoom
2-Tuesday	6:30-7:30p	Healthy Relationships and Boundaries	Bethany	Zoom
2-Tuesday	6:30-7:30p	Family Group- Concerned Others & Support System	Michelle	1
2-Tuesday	6:30-7:30p	Criminal Conduct Substance Abuse (CCSA)	Tonya	Zoom
3-Wednesday	9-10a	Living In Balance 1	Tonya	3
3-Wednesday	10-11a	Living in Balance 2	Tonya	3
3-Wednesday	11a-12p	Relapse Prevention	Amy	3
3-Wednesday	1-2p	Living in Balance 3	Ellen	3
3-Wednesday	2-3p	Criminal Conduct Substance Abuse (CCSA)	Tonya	3
3-Wednesday	5:30-6:30p	Sober Recreation	Maddie/Rachel	3
3-Wednesday	6:30-7:30p	Sober Recreation	Maddie/Rachel	3
4-Thursday	12-1pm	Coping Skills	Sev	Zoom
4-Thursday	1-2p	Emotional Wellness	Sally	Zoom
4-Thursday	5:30-6:30p	Living in Balance 1	Lisa C	Zoom
4-Thursday	6:30-7:30p	Living in Balance 2	Lisa C	Zoom
4-Thursday	5:30-7:30p	Relapse Prevention Formal Program (Referral Only)	Sev	Zoom
5-Friday	9-10a	Coping Skills	Rachel	Zoom
5-Friday	10-11a	Communication & Conflict Resolution	Sev	Zoom
5-Friday	11-12p	Meditation /Mindfulness In Person only	Sally	2
5-Friday	1-2pm	Safety Planning	Sally	Zoom
6-Saturday	9:30-10:30a	Open Topic	Sally	Zoom
6-Saturday	10:30-11:30a	Open Topic	Sally	Zoom

Cut off time for group attendance is 10 minutes after starting time.

No food or drink but bottled water