



**Ankeny Group  
All in Person  
Masks and Social Distancing Required**

Current as of 06/1/2021

Day	Time	Group	Counselor
1-Monday	9:00-10:00	Seeking Safety	Tiffany
1-Monday	10:00-11:00	Living in Balance 1	Tiffany
1-Monday	5:30-6:30	Living in Balance 2	Terri
1-Monday	6:30-7:30	Relapse Prevention / RP Formal	Terri
2-Tuesday	4:00-5:00pm	SAGE Date TBD	Tiffany
3-Wednesday	9:00-11:00	Art Therapy	Terri
3-Wednesday	4-5pm	Relapse Prevention Formal-Closed (8 weeks) Date TBD	Terri
3-Wednesday	5:30-6:30pm	Self-Awareness	Tiffany
3-Wednesday	6:30-7:30pm	Healthy Boundaries	Tiffany

