



Video Conferencing Groups

Current 11/16/2020

Day	Time	Group	Counselor	Meeting #
Monday	9:00 - 10:00 a.m.	Trauma and Recovery	Maddie	956-703-659
Monday	10:00 - 11:00 a.m.	Orientation	Tiffany	915 1665 6116
Monday	11:00 a.m.- 12:00 p.m.	Emotional Wellness	Terri	937 2339 4253
Monday	12:00 - 1:00 p.m.	Communication & Conflict Resolution	Jen G	257-906-397
Monday	5:00 - 6:00 p.m.	Life Skills	Amy	556-755-589
Monday	6:00 - 8:00 p.m.	SAGE	Michelle	Sent By Counselor
Tuesday	9:00 - 10:00 a.m.	Healthy Relationships	Tonya	956-703-659
Tuesday	12:00 - 1:00 p.m.	Open Topic	Amy	257-906-397
Tuesday	5:00 - 6:00 p.m.	Cognitive Behavioral Therapy	Bethany	556-755-589
Tuesday	5:00 - 6:00 p.m.	Orientation	Shannon	990 9367 1316
Tuesday	6:00 - 7:00 p.m.	Healthy Boundaries & Relationships	Joseph	965 9762 1028
Tuesday	6:30 - 7:30 p.m.	Family Support Group	Michelle	363-313-132
Wednesday	7:30 - 8:30 a.m.	Orientation	Theresa	958 5043 0759
Wednesday	9:00 - 10:00 a.m.	Living in Balance	Tonya	956-703-659
Wednesday	11:00 a.m.-12:00 p.m.	Relapse Prevention Skills	Terri	970-9985-8880
Wednesday	1:00 - 2:00 p.m.	Good Grief	Michelle	695-520-630
Wednesday	5:00 - 6:00 p.m.	Open Topic	Theresa	556-755-589
Wednesday	6:00 - 7:00 p.m.	Addiction 101	Maddie	965 9762 1028
Thursday	9:00 - 10:00 a.m.	Healthy Boundaries	Tiffany	956-703-659
Thursday	12:00 - 1:00 p.m.	Coping Skills	Ellen	257-906-397
Thursday	5:00 - 6:00 p.m.	Relapse Prevention Skills (Closed Group)	Terri	964 2324 1884
Thursday	5:00 - 6:00 p.m.	Relapse Prevention Skills	Phil	556-755-589
Thursday	6:00 - 7:00 p.m.	Early Recovery Skills	Chris	965 9762 1028
Friday	9:00 - 10:00 a.m.	Life Skills	Amy	956-703-659
Friday	12:00 - 1:00 p.m.	Emotional Wellness	Terri	257-906-397
Friday	1:00 - 2:00 p.m.	Safety Planning	Chris	175-084-174
Saturday	9:30 - 10:30 a.m.	Early Recovery Skills	Tonya	952 2741 1775
Saturday	10:30 - 11:30 a.m.	Open Topic	Tonya	958 4639 1152

DIAL IN NUMBERS FOR ALL GROUP ZOOMS  
1 669 219 2599 or 1 669 900 6833