

Video Conferencing Groups

Day	Time	Group	Counselor
Monday	9:00-10:00a	Trauma and Recovery	Maddie
Monday	10:00-11:00a	Orientation	Bethany
Monday	10:00-11:00a	Self-Awareness	David
Monday	11:00-12:00p	Emotional Wellness	Terri
Monday	12:00-1:00p	Communication & Conflict Resolution	Jen G
Monday	5:00-6:00p	Life Skills	Amy
Monday	6:00-8:00p	SAGE (Referral only)	Michelle
Tuesday	9:00-10:00a	Healthy Relationships	Terri
Tuesday	12:00-1:00p	Open Topic	Amy
Tuesday	5:00-6:00p	Cognitive Behavioral Therapy	Bethany
Tuesday	5:00-6:00p	Orientation	Michelle
Tuesday	5:00-6:00p	Talking About Change (Closed)	Tonya
Tuesday	6:00-7:00p	Healthy Boundaries & Relationships	Tiffany
Tuesday	6:30-7:30p	Family Support Group	Michelle
Wednesday	7:30-8:30a	Orientation	Tonya
Wednesday	9:00-10:00a	Living In Balance	Tonya
Wednesday	11:00-12:00p	Relapse Prevention Skills	Amy
Wednesday	1:00-2:00p	Good Grief	Amy
Wednesday	5:00-6:00p	Open Topic	Rachel & Maddie
Wednesday	6:00-7:00p	Addiction 101	Rachel & Maddie
Thursday	9:00-10:00a	Healthy Boundaries	Tiffany
Thursday	12:00-1:00p	Coping Skills	Rachel
Thursday	5:00-6:00p	Relapse Prevention Skills Formal (Closed Group)	Sev
Thursday	5:00-6:00p	Relapse Prevention Skills	Phil
Thursday	6:00-7:00p	Early Recovery Skills	Amy
Friday	9:00-10:00a	Life Skills	Amy
Friday	12:00-1:00p	Emotional Wellness	Terri
Friday	1:00-2:00	Safety Planning	Sally
Saturday	9:30-10:30a	Early Recovery Skills	Sally
Saturday	10:30-11:30a	Open Topic	Sally