

Day	Time	Group	Counselor	Room #
1-Monday	9-10a	Early Recovery Skills	Chris H	4
1-Monday	10-11a	Mental Health Therapy	David D	2
1-Monday	10-11a	Emotional Wellness	Terri	3
1-Monday	11a-12p	Anger Management	Chris H	4
1-Monday	12-1	Open Topic	Chris H	4
1-Monday	6:00-7:00p	Addiction and Stinking Thinking	Theresa	2
1-Monday	6:00-8:00p	SAGE (Referral Only)	Susan	4
1-Monday	7:00-8:00p	Recovery/Probation/Parole	Theresa	2
2-Tuesday	9-10a	Mental Health Therapy	Julie B	2
2-Tuesday	9-10a	Orientation- One time requirement for all clients	Terri	3
2-Tuesday	10-11a	Recovery. Probation and Parole	Theresa	4
2-Tuesday	11a-12p	Achieving Your Potential: Self-Esteem and Beyond	Theresa	4
2-Tuesday	12-2p	Art Therapy	Terri	3
2-Tuesday	5:30-6:30p	Orientation- One time requirement for all clients	Ellen	2
2-Tuesday	5:30-6:30p	Relapse Prevention Skills	Julie	4
2-Tuesday	6:30-7:30p	Cognitive Behavioral Therapy	Ellen	4
2-Tuesday	6:30-7:30p	Family Group- Concerned Others & Support System	Michelle	1
2-Tuesday	6:30-7:30p	Talking About Change (Referral Only)	Julie	2
3-Wednesday	9-10a	Living In Balance	Susan	4
3-Wednesday	10-11a	Recovery in the Community	Christal	4
3-Wednesday	11a-12p	Relapse Prevention	Lisa	4
3-Wednesday	1-2p	Good Grief	Michelle	4
3-Wednesday	6:00-7:00p	Recreational Arts	Chris H/Terri	4
3-Wednesday	7:00-8:00p	Recreational Arts	Terri/Chris H	3
4-Thursday	9-10a	Meditation, Healing Your Thoughts	Chris H	2
4-Thursday	10-11a	Healthy Boundaries	Christal	4
4-Thursday	11a-12p	Open Topic	Christal	4
4-Thursday	1-2p	Small Group (Closed)	David	2
4-Thursday	1-2p	Relapse Prevention Skills	Michelle	4
4-Thursday	6-7p	LGBTQ Mental Health Group- Starts July 18	David D	2
4-Thursday	6:00-8:00p	Relapse Prevention Formal Program (Referral Only)	Lisa	4
5-Friday	9-10a	Trauma and Recovery	Theresa	2
5-Friday	10- 11a	Communication & Conflict Resolution	Susan	4
5-Friday	10-11a	Food for Thought	Terri	3
5-Friday	11a-12p	Families and Recovery	Susan	4
5-Friday	1-2p	Cognitive Behavioral Therapy	Susan	4
5-Friday	2-3p	Life Skills	Lisa	4
6-Saturday	9:30-10:30a	Open Topic	Christal	4
6-Saturday	10:30-11:30a	Open Topic	Christal	4

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

No food or drink but bottled water