



Day	Time	Group	Counselor	Zoom
In Person Groups				
2-Tuesday	5:30p-6:30p	Living in Balance 1	Shannon	Group Room
2-Tuesday	6:30p-7:30p	Living in Balance 2	Shannon	Group Room
4-Thursdays	5:30p-6:30p	CCSA	Phil	Group Room
4-Thursdays	6:30p-7:30p	Relapse Prevention	Phil	Group Room
Zoom Groups				
1-Monday	5:30p-7:30p	SAGE (Referral ONLY)	Michelle	814 5997 8237
1-Monday	5:30p-7:30p	TAC (Referral ONLY)	Andrew	250 345 2858
1-Monday	5:30p-7:30p	Relapse Prevention FORMAL (Referral ONLY)	Pam	946 439 2134
2-Tuesday	1p-2p	Healthy Relationships	Terri	881 0456 0114
2-Tuesday	2p-3p	Coping Skills	Terri	847 7446 5240
2-Tuesday	3p-4p	Cognitive Behavioral Therapy	Terri	844 8346 9687
4-Thursdays	10a-11a	Cognitive Behavioral Therapy	Phil	873 3620 0970
4-Thursdays	11a-12p	Early Recovery Skills	Phil	850 9537 9628
4-Thursdays	12p-1p	Relapse Prevention	Phil	859 2478 6014
4-Thursdays	5p-6p	Early Recovery Skills	Tonya	814 3949 7207
4-Thursdays	6p-7p	Relapse Prevention	Tonya	843 0248 9401
4-Thursdays	7p-8p	CCSA	Tonya	871 4671 2311