

Day	Time	Group	Counselor	Room #
<b>Groups in Person</b>				
1-Monday	11:00-12:00p	Early Recovery Skills	Rachel	3
1-Monday	12:00-1:00p	Relapse Prevention	Rachel	3
2-Tuesday	12:00-1:00p	Emotional Wellness	Sally	3
2-Tuesday	1:00-2:00p	Meditation /Mindfulness	Sally	3
3-Wednesday	7:00-8:30a	Spanish Speaking Group	Celia	3
3-Wednesday	1:00-2:00p	Living in Balance 3	Ellen	3
3-Wednesday	2:00-3:00p	Living In Balance 1	Lisa	3
3-Wednesday	3:00-4:00p	Living in Balance 2	Lisa	3
3-Wednesday	5:30-6:30p	Open Topic	Maddie	3
3-Wednesday	6:30-7:30p	Family Group- Concerned Others & Support System	Rachel	5
3-Wednesday	6:30-7:30p	Sober Recreation	Maddie	3
6-Saturday	9:30-10:30a	Open Topic	Sev/ Student	3
6-Saturday	10:30-11:30a	Early Recovery Skills	Sev/Student	3
6-Saturday	11:30-12:30p	Relapse Prevention	Rod/Sierra	3
<b>Cut off time for group attendance is 10 minutes after starting time. No food or drink but bottled water</b>				
<b>Zoom Groups Available</b>				
1-Monday	1:00-2:00p	Seeking Safety	Ellaine	ZOOM # 853 4523 8595
1-Monday	5:30-7:30p	Relapse Prevention Formal Program (Referral Only)	Pam	ZOOM # 946 439 2134
1-Monday	5:30-7:30p	SAGE (Referral Only)	Michelle	ZOOM # 814 5997 8237
1-Monday	5:30-7:30p	TAC (Referral Only)	Sally	ZOOM #250 345 2858
2-Tuesday	5:00-6:00p	Early Recovery Skills	Tonya	ZOOM # 814 3949 7207
2-Tuesday	6:00-7:00p	Relapse Prevention	Tonya	ZOOM # 843 0248 9401
2-Tuesday	7:00-8:00p	Criminal Conduct Substance Abuse (CCSA)	Tonya	ZOOM # 871 4671 2311
3-Wednesday	5:30-6:30p	Living in Balance 3 Start 1-19-22	Michelle	ZOOM # 889 3947 2388
3-Wednesday	6:30-7:30p	Healthy Relationships Start 1-19-21	Michelle	ZOOM # 829 7037 5656
4-Thursday	10a-11:00a	Coping Skills	Pam	ZOOM # 873 3620 0970
4-Thursday	11:00-12:00p	Cognitive Behavioral Therapy (CBT)	Sev	ZOOM # 850 9537 9628
4-Thursday	12:00-1:00p	Communication and Conflict Resolution	Sev	ZOOM # 859 2478 6014
4-Thursday	5:00p-6:00p	Living in Balance 3	Rod/Sierra	ZOOM # 814 3949 7207
4-Thursday	6:00p-7:00p	Living in Balance 1	Lisa	ZOOM # 864 7694 6812
4-Thursday	7:00p-8:00p	Living in Balance 2	Lisa	ZOOM # 832 2333 6067