

Day	Time	Group	In Person	Counselor	Room or Zoom
1-Monday	10a-12p	Art Therapy		Terri	3
1-Monday	1p-2p	Emotional Wellness		Terri	3
1-Monday	2p-3p	Seeking Safety		Terri	3
2-Tuesday	10a-11a	Living in Balance 1		Pam	3
2-Tuesday	11a-12p	Living in Balance 2		Pam	3
2-Tuesday	12p-1p	Living in Balance 3		Pam	3
2-Tuesday	3p-4p	Open Topic		Sally	3
2-Tuesday	4p-5p	Emotional Wellness		Sally	3
2-Tuesday	5p-6p	Meditation		Sally	2
3-Wednesday	11a-12p	Seeking Safety		Susan	3
3-Wednesday	1p-2p	Early Recovery Skills		Andrew	3
3-Wednesday	2p-3p	Relapse Prevention		Andrew	3
3-Wednesday	3p-4p	Open Topic		Brendan	3
3-Wednesday	4:30p-5:30p	Communication & Conflict Resolution		Sevija	3
3-Wednesday	5:30p-6:30p	CCSA		Sevija	3
3-Wednesday	5:30p-7:30	Sober Recreation		Brendan	1
3-Wednesday	6:30p-7:30p	Family Group- Concerned Others & Support System		Sevija	3
6-Saturday	9:30a-10:30a	Open Topic		Susan	3
6-Saturday	10:30a-11:30	Communication & Conflict Resolution		Susan	3
6-Saturday	11:30a-12:30	Relationships in Recovery		Susan	3
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-Thursday	10a-11a	Cognitive Behavioral Therapy		Phil	873 3620 0970
4-Thursday	11a-12p	Early Recovery Skills		Phil	850 9537 9628
4-Thursday	12p-1p	Relapse Prevention		Phil	859 2478 6014
4-Thursday	5p-6p	Early Recovery Skills		Tonya	814 3949 7207
4-Thursday	6p-7p	Relapse Prevention		Tonya	843 0248 9401
4-Thursday	7p-8p	CCSA		Tonya	871 4671 2311