

### In Person - Ankeny

Day	Time	Group	Counselor	Room
Monday	4:30-5:30p	Early Recovery Skills	Haley	881 0456 0114
Monday	5:30-6:30p	CCSA	Haley	881 0456 0114
Monday	6:30-7:30p	Relapse Prevention	Haley	881 0456 0114
Wednesday	10a-12p	Art Therapy	Terri	Group Room

### Zoom

Day	Time	Group	Counselor	Zoom
Monday	5:30p-7:30p	SAGE (Referral ONLY)	Michelle	814 5997 8237
Monday	5:30p-7:30p	TAC (Referral ONLY)	Leah	250 345 2858
Monday	5:30p-7:30p	Relapse Prevention FORMAL (Referral ONLY)	Pam	946 439 2134
Monday	8:00p-9:00p	Spanish Group (Referral ONLY)**begin March 6**	Celia	864 7694 6812
Tuesday	10:00a-11:00a	Coping Skills	Terri	881 0456 0114
Tuesday	11:00a-12:00p	Relapse Prevention	Terri	847 7446 5240
Tuesday	12:00p-1:00p	Healthy Relationships	Terri	844 8346 9687
Tuesday	4:30p-5:30p	Living in Balance 1	Sarah	814 3949 7207
Tuesday	5:30p-6:30p	Living in Balance 2	Sarah	843 0248 9401
Tuesday	6:30p-7:30p	Living in Balance 3	Sarah	871 4671 2311
Wednesday	5:30p-7:30p	Family Group- Concerned Others & Support System	Heather	857 7192 0467
Wednesday	8:00p-9:00p	Spanish Group (Referral ONLY)**begin March 6**	Celia	864 7694 6812
Thursday	10:00a-11:00a	Cognitive Behavioral Therapy	Phil	873 3620 0970
Thursday	11:00a-12:00p	Early Recovery Skills	Shannon	850 9537 9628
Thursday	12:00p-1:00p	Relapse Prevention	Phil	859 2478 6014
Thursday	4:30p-5:30p	Early Recovery Skills	Lucy	814 3949 7207
Thursday	5:30p-6:30p	CBT	Lucy	843 0248 9401
Thursday	6:30p-7:30p	Mindfulness	Lucy	871 4671 2311