

## In Person – West Des Moines, IA

Day	Time	Group	Counselor	Room
Monday	9:00a-10:00a	Art	Terri	3
Monday	10:00a-11:00a	Emotional Wellness	Terri	3
Monday	11:00a-12:00p	Seeking Safety	Terri	3
Monday	4:30p-5:30p	Early Recovery Skills	Tonya	3
Monday	5:30p-7:30p	STEPPS (REFERRAL ONLY)	Ellaine	5
Monday	5:30p-6:30p	Relapse Prevention	Tonya	3
Monday	6:30p-7:30p	CCSA	Tonya	3
Wednesday	9:00a-10:00a	Living in Balance 1	Andrew	3
Wednesday	10:00a-11:00a	Living in Balance 2	Andrew	3
Wednesday	11:00a-12:00p	Living in Balance 3	Andrew	3
Wednesday	4:00p-5:00p	Codependency /Relationship (Mental Health)	Maddie	2
Wednesday	4:30p-6:30p	TRIUMPH (Referral ONLY-EOP)	Sevlja	1
Wednesday	4:30p-6:30p	Sober Recreation	Brendan	3
Wednesday	6:30p-7:30p	Open Topic	Brendan	3
Wednesday	5:30p-7:30p	Family Group- Concerned Others & Support System	Heather	2
Thursday	4:00p-5:00p	CBT (Mental Health)	Maddie	2
Saturday	9:30a-10:30a	Open Topic	Susan	3
Saturday	10:30a-11:30	Communication & Conflict Resolution	Susan	3
Saturday	11:30a-12:30	Relationships in Recovery	Susan	3

## 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