

Groups At Connections Counseling



| <i>Day of Week</i> | <i>Time</i> | <i>Name of Group</i> | <i>Facilitors</i> | <i>Where</i> | <i>Special Notes</i> |
|---------------------------|--------------------|--------------------------------|--------------------------|---------------------|----------------------------------|
| Monday | 9-12pm | Adult IOP | Cory, Joe | Mountain Room | 6-week cycle |
| Monday | 4-7pm | Adolescent IOP | Jennifer, Beth | Mountain Room | 8-week cycle |
| Monday | 5-6:30pm | Adult DBT | Tim, Sara | Desert Room | 16-week cycle |
| Monday | 6-7pm | Family Education | Mary Kay | Ocean Room | Free |
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| Tuesday | 9-10:30am | Adult DBT | Tim, Sara | Desert Room | 16-week cycle |
| Tuesday | 12pm-1:30pm | Art Therapy Group | Sara, Lara | Mountain Room | |
| Tuesday | 5-6pm | TMS Support Group | Ian | TMS Room | Free group for TMS clients |
| Tuesday | 5-6pm | Together We Recover: Teens | Joe, Beth | Mountain Room | |
| Tuesday | 5-6pm | Recovery Rocks: Young Adult | Shannon, John | Ocean Room | |
| Tuesday | 6-7pm | Wisdom & Recovery: Co-Ed Adult | Pat | Ocean Room | |
| Tuesday | 6-7pm | Real Recovery: 25+ | Shelly, Alex | Mountain Room | |
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| Wednesday | 9-12pm | Adult IOP | Cory, Joe | Mountain Room | 6-week cycle |
| Wednesday | 12-1pm | Reach for Recovery: Co-ed | Krystle, Joe | Ocean Room | |
| Wednesday | 1-2pm | Knitting | Cynthia | Desert Room | Free |
| Wednesday | 4-7pm | Adolescent IOP | Beth, Mary Kay | Mountain Room | 8-week cycle |
| Wednesday | 4:30-6pm | Mentor Support | Krystle, Joe | Ocean Room | Free group for mentors |
| Wednesday | 5:30-6:30pm | CODA | Shelly | Desert Room | Free to public |
| Wednesday | 6-7pm | Beyond Opiates | Cory, Skye | Ocean Room | |
| Wednesday | 6:30-7:30pm | Radical Recovery: College | Pete, Krystle | Downtown | 660 W. Washington Ave. |
| Wednesday | 7-8:30pm | Families Anonymous | Members | Ocean Room | Free meeting for families |
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| Thursday | 9-12pm | Adult IOP | Cory, Joe | Mountain Room | 6-week cycle |
| Thursday | 12-1pm | Wise, Wonderful Women: 26+ | Shelly, Vickie | Ocean Room | |
| Thursday | 12-1pm | Mindfulness | Tim, Pat | Desert Room | |
| Thursday | 4-7pm | Adolescent IOP | Jennifer, Beth | Mountain Room | 8-week cycle |
| Thursday | 5-6pm | Adolescent DBT | Tim | Mountain Room | 8-week cycle |
| Thursday | 5-6pm | Recovery Rocks: Young Adult | Shannon, John | Ocean Room | |
| Thursday | 6-7pm | Wisdom & Recovery: Co-Ed Adult | Pat, Beth | Desert Room | |
| Thursday | 6-7pm | Real Recovery: 25+ | Shelly, Alex | Ocean Room | |
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| Saturday | 10am-12pm | Music Group | Pat, Alex | Ocean Room | Every other Saturday, free group |