

Groups At Connections Counseling



<u>Day of Week</u>	<u>Time</u>	<u>Name of Group</u>	<u>Facilitors</u>	<u>Where</u>	<u>Special Notes</u>
M/W/Th	9-12pm	Day Adult IOP	Cory, Lisa, Alex	Connections Community Center	8-week cycle/24 sessions
M/T/Th	5-8pm	Evening Adult IOP	Jen H., Jen R., Gabi, Kim, Cory	Connections Community Center	8-week cycle/24 sessions
Monday	3:30-5pm	Women's Trauma Recovery	Sue, Jen R.	Ocean Room	
Monday	5-6:30pm	Adult DBT	Tim, Brooke	Desert Room	16-week cycle
Monday	6-7pm	Family Education	Mary Kay, Emily	Ocean Room	Free, open to public
Tuesday	9-10:30am	Adult DBT	Tim, Brooke	Desert Room	16-week cycle
Tuesday	5-6pm	LGBTQ	Ethan, Emily	Mountain Room	
Tuesday	5-6pm	Mentor Meeting	Tim, Kim	Upstairs Conference Room	Meets 1st Tuesday of every month
Tuesday	6-7pm	Real Recovery	Alex, Shelly	Ocean Room	Age: 18-30's
Tuesday	6-7pm	Wisdom & Recovery: Co-Ed Adult	Pat, Polly	Desert Room	Age: 40+
Wednesday	12-1pm	Reach for Recovery: Co-Ed	Joe K.	Ocean Room	
Wednesday	4-5pm	Art Therapy	Sara	Sara's Office	
Wednesday	5:30-6:30pm	CODA	Shelly	Connections Community Center	Free to public
Wednesday	6-7pm	Beyond Opiates	Brooke	Ocean Room	
Wednesday	7-8:30pm	Families Anonymous	Members	Ocean Room	Free meeting for families
Thursday	12-1pm	Wise, Wonderful Women: 26+	Shelly, Vickie	Ocean Room	
Thursday	3-4pm	Men's Group	Tim, Pat	Desert Room	
Thursday	5-6pm	Rise in Recovery	Alex, Jen P.	Ocean Room	Age: 18-30's
Thursday	6-7pm	Wisdom & Recovery: Co-Ed Adult	John, Lisa	Desert Room	Age: 40+
Thursday	6:30-7:30pm	Refuge Recovery	Members	Ocean Room	(Buddhist 12-step)
Friday	3-4pm	Real Talk	Hadeel, Lara	Downtown Office	660 W. Washington Ave, Ste 308
Saturday	10am-12pm	Music Group	Pat, Alex	Connections Community Center	Every other Saturday, free group

Updated: 10/9/19