

upcoming groups

JOIN
TODAY!



Talk to your HealthWest case worker about how to join!

JANUARY, FEBRUARY, MARCH

MONDAY

Adult SMART Recovery | 2 pm - 3 pm @ MHC
Sound Bathing | 3:30 pm - 4:30 pm @ MHC

TUESDAY

*WRAP | 9 am - 10 am @ MHC
*Anger Management | 12 pm - 1 pm @ Services of Hope
Building Connections | 1 pm - 2 pm (Every 1st and 3rd Tuesday) @ MHC

*Referral
Is Needed

WEDNESDAY

*An ADHD Group for Adults | 10 am - 11 am @ Services of Hope
*Money Road Map | 11 am - 12:30 pm @ Harris
*M.R. SKILLS | 1 pm - 2 pm @ MHC
*W.O.W. | 1 pm - 2 pm @ MHC
*Healthy Relationships | 1:30 pm - 3:30 pm @ Harris
Adult SMART Recovery | 2 pm - 3 pm @ MHC
*MTREM | 2 pm - 3:30 pm @ MHC
*Healthy Relationships - In the Workplace | 2 pm - 3:30 pm @ Harris

*Referral
Is Needed

THURSDAY

*DBT Skills Group | 10 am - 12 pm @ MHC
*Creative Coping | 1:30 pm - 2:30 pm @ MHC
*Substance Use Disorder Art Therapy | 1:30 pm - 3 pm @ MHC
Seated Exercise | 2 pm - 2:45 pm @ MHC
Coping Not Smoking | 3 pm - 4 pm @ MHC
*Arts, Crafts and CBT | 4 pm - 5 pm @ Services of Hope

*Referral
Is Needed

FRIDAY

*Winter Blues | 10 am - 11 am @ Services of Hope

*Referral
Is Needed

LOCATIONS

Harris: 97 E. Apple Ave.
MHC: Mental Health Center, 376 E. Apple Ave.
Services of Hope: 8 W Walton Ave.