

# 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 1<sup>st</sup> and 3<sup>rd</sup> 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.