

Bridge Group

Learn important skills for your transition into housing. Free gift if you complete all sessions.

Wednesday, 10-10:45 a.m. in the Art Room

Facilitated by Clementine Alford and Caitlin Synovec

Anger Management Group

Learn important skills to manage your anger.

Wednesday, 1-2 p.m. in Room 2

Naloxone Training Group

Learn how to administer naloxone so you can stop an overdose and save a life.

Thursday, 8-9 a.m. in Room 2

Kicking Butts: Smoking Cessation Group

You can quit smoking for good. Opportunity to win a gift card or other small prize at every session.

Monday and Thursday, 9-10 a.m. in Room 2

Facilitated by Jan Caughlan and Chauna Brocht

Pain Management Group

Are you living with chronic pain? Join us and get help managing it.

Friday, 1-2 p.m. in the Art Room

Facilitated by Caitlin Synovec and Terrie Free-Storrer

National Alliance on Mental Illness (NAMI) Connections Peer Support Group

Peer-led support group for adults living with a mental health condition. Gain insight from hearing the challenges and success of others.

1st and 3rd Wednesdays of the month, 8-9:30 a.m. in the 3rd floor group room

Grupo de Apoyo para los Hispanohablantes

Un grupo nuevo para los quien hablan español y quieren apoyo y ayuda.

Cada Martes a la una, Primer Piso Cuarto 2

**Updated July 2017*



421 Fallsway Support Groups

*At our downtown clinic at 421 Fallsway, we offer a range of client groups for you. From stop-smoking and stress reduction groups to our popular art group...there is **something for everyone**. And all are welcome. You do not need to be a client here at Health Care for the Homeless to attend.*

Stress Reduction Group

Learn and practice strategies for reducing stress that you can use anywhere, anytime.
Monday and Wednesday, 8-9 a.m. in the Art Room

Alumni Group

If you have completed our Addictions Phase Group, join us for ongoing peer support.
Monday, 9-10 a.m. in Room 2

Art Expressions Group

Relax and have fun while creating art—no artistic skills or experience needed.
Monday and Wednesday, 2-3:30 p.m. in the Art Room

Cooking Group

For those interested in learning basic cooking skills and how to prepare and cook healthy meals.
(A referral to Caitlin Synovec is required.)
Wednesday, 12-1:30 p.m. in the 3rd floor Group Room
Facilitated by Caitlin Synovec

Writers' Group

Come create, learn and share—no writing experience needed.
Tuesday, 9-10 a.m. in the Art Room

Second Opinion Group

Join us for support in managing your addiction and mental health issues.
Tuesday, Wednesday and Friday, 9-10 a.m. in Room 2

Client Advocacy Group

Advocate for yourself and others—and be a part of helping end homelessness for all.
Tuesday, 11:45 a.m.-1 p.m. in Room 2

Diabetes Education Class

Learn how to better manage your illness and improve your health.
Tuesday, 1-2 p.m. in the Art Room
Facilitated by Mara Schneider and the nursing team

Stress Reduction Yoga

Relax in a yoga class led by a certified yoga teacher. Beginners welcome—mats provided.
Tuesday and Friday, 1-2:15 p.m. in the 3rd-floor Group Room B