

Client Support Groups – Downtown



<u>Monday</u>			
Time	Group	Location	Facilitator
8-9 a.m.	Stress Reduction Group	1st-floor group room 1	<i>Deirdre Hoey and Karen Ross Taylor</i>
9-10 a.m.	Alumni Group	1st-floor group room 2	<i>Clients with staff support from the addictions team</i>
9-10 a.m.	Kicking Butts: Smoking Cessation Group	1st-floor group room 2	<i>Jan Caughlan and Chauna Brocht</i>

<u>Tuesday</u>			
Time	Group	Location	Facilitator
9-10 a.m.	Writers' Group	1st-floor group room 1	<i>Vanessa Borotz</i>
9-10 a.m.	Second Opinion Group	1st-floor group room 2	<i>Justin Shea</i>
11:45 a.m.-1 p.m.	Client Advocacy Group	1st-floor group room 2	<i>Vanessa Borotz</i>
1-2 p.m.	Diabetes Education Class	1st-floor group room 2	<i>Mara Schneider and the nursing team</i>
1-2:15 p.m.	Stress Reduction Yoga	3rd-floor Group room B	<i>Deirdre Hoey</i>
1-2 p.m.	Grupo de Apoyo para los Hispanohablantes	Primer piso cuarto 2	<i>Cassie Ekstrom, Gerardo Benavides y Lenny Suarez</i>

Everyone deserves to go home.

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<u>Wednesday</u>			
Time	Group	Location	Facilitator
8-9 a.m.	Stress Reduction Group	1st-floor group room 1	<i>Deirdre Hoey and Karen Ross Taylor</i>
8-9:30 a.m. <i>1st and 3rd Wednesday each month</i>	National Alliance on Mental Illness (NAMI) Connections Peer Support Group	3rd-floor Group Room B	<i>TBD</i>
9-10 a.m.	Second Opinion Group	1st-floor group room 2	<i>Justin Shea</i>
10-10:45 a.m.	Bridge Group	1st-floor group room 1	<i>Clementine Alford and Caitlin Synovec</i>
12-1:30 p.m.	Cooking Group	3rd-floor group room B	<i>Caitlin Synovec</i>
1-2 p.m.	Anger Management Group	TBD	<i>Denise Hansen</i>

<u>Thursday</u>			
Time	Group	Location	Facilitator
8-9 a.m.	Naloxone Training Group	1st-floor group room 2	<i>Katie League</i>
9-10 a.m.	Kicking Butts: Smoking Cessation Group	1st-floor group room 2	<i>Jan Caughlan and Chauna Brocht</i>

<u>Friday</u>			
Time	Group	Location	Facilitator
9-10 a.m.	Second Opinion Group	1st-floor group room 2	<i>Emily Gordon</i>
1-2:15 p.m.	Stress Reduction Yoga	3rd-floor group room B	<i>Deirdre Hoey</i>
9-10 a.m.	Second Opinion Group	1st-floor group room 2	<i>Emily Gordon</i>