Client Support Groups – Downtown

Monday			
Time	**Group**	**Location**	**Facilitator**
8–9 a.m.	Stress Reduction Group	1st-floor group room 1	*Deirdre Hoey*
9–10 a.m.	Alumni Group	1st-floor group room 2	*Clients with staff support from the addictions team*
9–10 a.m.	Kicking Butts: Smoking Cessation Group	1st-floor group room 2	*Chauna Brocht*
2–3:15 p.m.	Art Expressions Group	1st-floor group room 1	*Lisa Muscato*

Tuesday			
Time	**Group**	**Location**	**Facilitator**
9–10 a.m.	Writers' Group	1st-floor group room 1	*Vanessa Borotz*
9–10 a.m.	Second Opinion Group	1st-floor group room 2	*Justin Shea*
11:45 a.m.–1 p.m.	Client Advocacy Group	1st-floor group room 2	*Client facilitated with staff support from communications*
1–2 p.m.	Diabetes Education Class	1st-floor group room 2	*Mara Schneider and the nursing team*
1–2:15 p.m.	Stress Reduction Yoga	3rd-floor group room B	*Deirdre Hoey*
1–2 p.m.	Grupo de Apoyo para los Hispanohablantes	Primer piso cuarto 2	*Cassie Ekstrom y Gerardo Benavides*

421 Fallsway
Baltimore, MD 21202
phone: 410-837-5533
fax: 410-837-8020
www.hchmd.org
@hchomeless

Everyone deserves to go home.

Wednesday			
Time	**Group**	**Location**	**Facilitator**
8–9 a.m.	Stress Reduction Group	1st-floor group room 1	*Karen Ross Taylor*
8–9:30 a.m. *1st and 3rd Wednesday*	National Alliance on Mental Illness (NAMI) Connections Peer Support Group	3rd-floor group room B	*TBD*
9–10 a.m.	Second Opinion Group	1st-floor group room 2	*Justin Shea*
10–10:45 a.m.	Bridge Group	1st-floor group room 1	*Clementine Alford and Caitlin Synovec*
1–2 p.m.	Anger Management Group	1st-floor group room 2	*Denise Hansen*
2–3:15 p.m.	Art Expressions Group	1st-floor group room 1	*Montse Ferrer*

Thursday			
Time	**Group**	**Location**	**Facilitator**
8–9 a.m.	Naloxone Training Group	1st-floor group room 2	*Katie League*
9–10 a.m.	Kicking Butts: Smoking Cessation Group	1st-floor group room 2	*Jan Caughlan*

Friday			
Time	**Group**	**Location**	**Facilitator**
9–10 a.m.	Second Opinion Group	1st-floor group room 2	*Emily Gordon*
1–2:15 p.m.	Stress Reduction Yoga	3rd-floor group room B	*Deirdre Hoey*
1–2 p.m.	Pain Management Group	1st-floor group room 1	*Caitlin Synovec and Terri Free-Storrer*