

## Client Support Groups – Downtown



<b><u>Monday</u></b>			
<b>Time</b>	<b>Group</b>	<b>Location</b>	<b>Facilitator</b>
<b>8–9 a.m.</b>	Stress Reduction Group	1st-floor group room 1	<i>Deirdre Hoey</i>
<b>9–10 a.m.</b>	Alumni Group	1st-floor group room 2	<i>Clients with staff support from the addictions team</i>
<b>2–3:15 p.m.</b>	Mindfulness with Art	1st-floor group room 1	<i>Johanna Galat</i>

<b><u>Tuesday</u></b>			
<b>Time</b>	<b>Group</b>	<b>Location</b>	<b>Facilitator</b>
<b>11:45 a.m.–1 p.m.</b>	B'More Housing for All (Client Advocacy Group)	1st-floor group room 2	<i>Malcolm Williams</i>
<b>1–2:15 p.m.</b>	Stress Reduction Yoga	3rd-floor group room B	<i>Deirdre Hoey</i>

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**Everyone deserves to go home.**

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<b><u>Wednesday</u></b>			
<b>Time</b>	<b>Group</b>	<b>Location</b>	<b>Facilitator</b>
<b>8–9 a.m.</b>	Stress Reduction Group	1st-floor group room 1	<i>Karen Ross Taylor</i>
<b>9-10 a.m.</b>	Anger Management Group	1st-floor group room 2	<i>Terrie Free-Storrer</i>
<b>10–10:45 a.m.</b>	Bridge Group	1st-floor group room 1	<i>Clementine Alford and Caitlin Synovec</i>
<b>11 a.m.–12 p.m.</b>	How to Apply for Benefits Group	3rd-floor group room B	<i>Erica Brown and Eva Hendriz-Shovlin</i>
<b>1–2 p.m.</b>	Grupo de Apoyo para los Hispanohablantes	Primer piso cuarto 1	<i>Lilian Amaya</i>
<b>2–3:15 p.m.</b>	Mindfulness with Art	1st-floor group room 1	<i>Gretchen Tome</i>

<b><u>Thursday</u></b>			
<b>Time</b>	<b>Group</b>	<b>Location</b>	<b>Facilitator</b>
<b>8:15–9 a.m.</b>	Naloxone Training Group	1st-floor group room 2	<i>CHW/Outreach Staff</i>
<b>9–10 a.m.</b>	Quit Smoking through Stress Reduction	1st-floor group room 2	<i>Haley Croney</i>

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