

Beginning 7/13/2026
DROP-IN GROUPS:

<i>Day</i>	<i>Time</i>	<i>Group Name</i>	<i>Facilitator</i>	<i>Description:</i>
Mon	9:00-9:45	Check-Up	Liz	<i>Peer-led.</i> Check in with yourself and your progress. Create a schedule for success.
	11:00-12:00	Men's support group	Terrence	<i>Peer-led.</i> Share about common experiences and ways of managing them
	2:00-3:00pm	MBRP <i>(Mindfulness-Based Relapse Prevention)</i>	Kyle	Zoom Only. Prevent relapse and mindfully manage cravings, urges, anxiety, and depression.
Tues	9:00-9:30	Skills Academy	Tatyona	Skills to address a variety of topics including substance use and emotional well-being
	10:30-11:30	Inside Out	Kyle	Skills to reduce stress, shame, depression/anxiety through self-compassion
Weds	10:00-11:00	SMART recovery	Mollie	<i>Peer-led</i> Skills to manage addictive behaviors and achieve recovery through self-empowerment.
Thurs	11:00-12:00	Women's support group	Mollie	<i>Peer-led.</i> Share about common experiences and ways of managing them
Fri	9:00-10:30	Art Group	Mollie	<i>Peer-led.</i> Create recovery-oriented art
	11:00-12:00	S.T.A.I.R	Dr. Ward	For those with a history of trauma who want to learn ways to manage their emotions and improve relationships.
	12:00-12:30	Skills Academy	Leah	Skills to address a variety of topics including substance use and emotional well-being.
	1:00-2:00	Grief and Loss	Frances	Healing and support for those facing or have experienced grief and loss.

*Groups are for established ASAP patients only
Children over the age of 6 months are not allowed in group. You will not be admitted if you are more than five minutes late.*

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