

Beginning 2/2/2026  
**DROP-IN GROUPS:**

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

*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.*

Starting the week of 1/19/2026