

## Anxiety and Depression Groups

<b>MONDAY</b>	
11:30 - 1:00PM	Women's Group
1:00 - 2:00PM	Anxiety and Depression Group
2:00 - 3:30PM	Men's Group
5:30 - 6:45PM	Living with Anxiety and Depression
7:00 - 9:00PM	Copacetics
7:00 - 9:00PM	Anxiety and Depression Group
7:00 - 9:00PM	New Beginnings
<b>TUESDAY</b>	
9:45 - 11:45AM	Women's Group
10:00 - 12:00PM	Women's Group
11:00 - 12:30PM	Anxiety Management
2:00 - 4:00PM	Afternoon Support Group A
3:30 - 4:30PM	Managing Anxiety and Stress
6:00 - 7:00PM	Anxiety and Depression Group
6:00 - 8:00PM	Self-Care Group
6:00 - 8:00PM	Men's Group
7:00 - 8:00PM	COPEing w/ Anxiety and Depression <b>Bi-Weekly</b>
7:00 - 9:00PM	Evening Support Group
<b>WEDNESDAY</b>	
9:30 - 11:00AM	Depression Group
10:00 - 11:30AM	COPEing and Wellness Group
11:15 - 12:15PM	COPE Group
12:45 - 2:00PM	Depression Group
2:00 - 3:30PM	Anxiety and Stress Management
3:00 - 5:00PM	Empowerment Group
5:00 - 6:00PM	Anxiety and Depression Group
6:00 - 7:30PM	Women's Group
6:45 - 8:45PM	Anxiety and Depression Group
7:30 - 9:00PM	Anxiety and Depression <b>Bi-Weekly</b>
<b>THURSDAY</b>	
10:00 - 11:00AM	Anxiety and Depression Group
1:00 - 2:00PM	Afternoon Support Group B
2:00 - 3:30PM	New Horizon Depression Group
4:00 - 6:00PM	Men's Group
7:00 - 9:00PM	Anxiety and Depression Group
7:00 - 9:00PM	Coping with Courage
7:30 - 8:30PM	Pathway to Recovery
7:30 - 8:30PM	Seasons of Change
<b>FRIDAY</b>	
1:00 - 3:00PM	Anxiety Group

## Social Rec/Wellness Groups

MONDAY - FRIDAY	
9:45 - 11:15AM	New Leaf
TUESDAY	
1:00 - 2:30PM	New Day Wellness Group
WEDNESDAY	
3:45 - 5:45PM	Social Wellness Group
THURSDAY	
1:00 - 2:00PM	Bingo
2:00 - 3:00PM	Euchre
3:00 - 4:00PM	Dominoes
FRIDAY	
9:30 - 11:00AM	Morning Wellness (Cozy Corner)

## Bipolar Groups

MONDAY	
7:30 - 8:30PM	Bipolar Group
TUESDAY	
1:00 - 2:30PM	Bipolar Group
WEDNESDAY	
7:00 - 9:00PM	Living w/ Bipolar
THURSDAY	
6:15 - 7:15PM	COPEing w/ Bipolar

## Chronic Pain Groups

MONDAY	
10:30 - 12:00PM	Morning Wellness Pain Support
WEDNESDAY	
6:30 - 8:00PM	Wind Down/Sleep Hygiene Pain Support
FRIDAY	
12:00 - 2:00PM	Check-in/Informational Pain Support

## Bereavement Group

WEDNESDAY	
7:30 - 8:30PM	Bereavement Group

## Caregiver Group

TUESDAY	
2:00 - 3:30PM	Caregiver Group <b>Bi-Weekly</b>