



GROUP SCHEDULE

386 STANLEY STREET 508-679-5222
Week of January 7, 2019 – January 11, 2019

**** You must sign in 10 minutes before Group begins or you will not be allowed into Group. ****

	Group Topic	Clinician	Room
Monday, January 7			
9:30-10:30	Suboxone & Vivitrol Group <i>*Medication Assisted Therapy (MAT) clients only</i>	Mike, CADC	#43
11:00-12:00	Managing Triggers & Cravings	Tom, LICSW	A-11
12:30-1:30	Anger Management	Sarah, MA	#43
	Parenting Group: Project Bright **see note below	Danielle, LMHC	A-11
4:30-5:30	Suboxone & Vivitrol Group <i>*MAT clients only</i> <i>(to be held at 1010 S. Main Street)</i>	Mike, CADC	S. Main St.
6:30-7:30	Relapse Resistance	Tom, LICSW	A-11
Tuesday, January 8			
9:30-10:30	Ending Nicotine Dependence	Lou, MA	#43
11:00-12:00	Staying Sober	Mike, CADC	#43
12:30-1:30	☹ Anxiety Management	Tom, LICSW	#43
2:00-3:00	<i>Clinicians attend a meeting each Tuesday at this time so clinical services are suspended for the hour.</i>		
6:00-7:00	Tips and Tools for Emotional Wellbeing <i>*closed group</i>	Sandra, LICSW	#36
6:30-7:30	Men's Recovery Group <i>*men only</i>	Tom, LICSW	A-11
Wednesday, January 9			
9:00-10:30	Moms Overcoming Domestic Abuse: A Parenting Group <i>*women only</i>	Susanna, LICSW	A-11
9:30-10:30	Managing Triggers & Cravings	Sarah, MA	#43
10:30-12:00	Domestic Violence <i>*women only</i>	Dale LMHC	A-11
11:00-12:00	Skills for Change	Mike, CADC	#43
12:30-1:30	☹ Expressive Arts for Self-Esteem & Depression <i>*women only</i>	Florine, PsyD	A-11
2:00-3:00	☹ Therapeutic Music for Stress Reduction <i>*women only</i>	Florine, PsyD	A-11
6:00-7:30	SSTAR's Family Support Group <i>*open to non-clients</i>	Marie, CAI	Classroom
6:30-7:30	Suboxone & Vivitrol Group <i>*MAT clients only</i>	Mike, CADC	#37
7:00-8:00	Suboxone & Vivitrol Group <i>*MAT clients only</i>	Autumn, LICSW	A-11
Thursday, January 10			
9:30-10:30	Suboxone & Vivitrol Group <i>*MAT clients only</i>	Mike, CADC	#43
11:00-12:00	Anger Management	Sarah, MA	#43
12:30-1:30	Healthy Boundaries	Tom, LICSW	#43
2:30-3:30	Autumn's MAT Group <i>*closed group</i>	Autumn, LICSW	A-11
4:00-5:00	<i>Vencer El Miedo *Spanish speaking</i>	Diana, MA	#37
5:00-6:00	Anger Management	Sarah, MA	A-11
6:30-7:30	Relapse Resistance	Tom, LICSW	A-11
Friday, January 11			
9:30-10:30	Skills for Change	Mike, CADC	#43
	Uplift: A Trauma Sensitive Yoga Practice <i>*women only</i>	Susanna, LICSW	Classroom
11:00-12:00	Managing Your Depression	Tom, LICSW	A-11
	Suboxone & Vivitrol Group <i>*MAT clients only</i>	Mike, CADC	#43
12:30-1:30	Parenting Group Topic: Open Discussion	Danielle, LMHC	#43
2:30 – 3:30	LGBTQIQ	Sarah, MA	#43

☹ This symbol indicates a group treatment for people who experience anxiety.
 *Medication Assisted Treatment (MAT)

****Based on patient demand, attending the Monday Parenting Group will now help you achieve your Parenting Certificate.**

www.sstar.org/open-access-grp-schedule



GROUP SCHEDULE

386 STANLEY STREET 508-679-5222

Week of January 7, 2019 – January 11, 2019

***You must sign in 10 MINUTES BEFORE GROUP BEGINS
or you will not be allowed into group.
This policy is necessary to allow us time to enter and verify your
Insurance and other necessary information.***

***Please bring your Insurance Card with you
each time you come to SSTAR
to help expedite the check-in process.***

Thank you!