



GROUP SCHEDULE

386 STANLEY STREET 508-679-5222

Week of January 14, 2019 – January 18, 2019

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

	Group Topic	Clinician	Room
Monday, January 14			
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 15			
8:00-9:00	Positive Change Through Walking	Paula, CADC	Classroom
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 16			
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	Parenting Group Topic: <i>Family Violence</i>	Danielle, LMHC	#43
	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 17			
8:00-9:00	Positive Change Through Walking	Paula, CADC	Classroom
9:15-10:15	A New Year, A New You: 4-Week Aromatherapy Series <i>*women only</i>	Marybeth, LMHC	A-11
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 18			
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
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.**



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Week of January 14, 2019 – January 18, 2019

Check out our NEW Group!

Starting Thursday, January 17th 9:15-10:15

A New Year, A New You: A 4-Week Aromatherapy Group, Rm# A-11

**Women Only*

***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!