



GROUP SCHEDULE

386 STANLEY STREET 508-679-5222

Week of September 9, 2019 – September 13, 2019

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

	Group Topic	Clinician	Room
<b>Monday, September 9</b>			
9:30-10:30	Suboxone & Vivitrol Group <i>*Medicated Assisted Therapy (MAT) clients only</i>	Mike, CADC	#43
11:00-12:00	Managing Triggers & Cravings	Tom, LICSW	#43
12:30-1:30	Anger Management	Sarah, MA	#43
	Parenting/Nurturing Program Group Topic: <i>Feelings *semi closed group</i>	Danielle, LMHC	A-11
2:00-3:00	Women's Recovery Group <i>*women only</i>	Autumn, LICSW	#43
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 Prevention	Tom, LICSW	A-11
<b>Tuesday, September 10</b>			
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>		
3:30-4:30	Suboxone & Vivitrol Group <i>*MAT clients only</i>	Mike, CADC	#43
3:30-4:30	Empoderate Mujer <i>*Spanish speaking women only</i>	Diana, MA	#37
6:00-7:00	Tips and Tools for Emotional Wellbeing <i>*closed group</i>	Sandra, LICSW	#36
6:30-7:30	Relapse Prevention	Tom, LICSW	A-11
<b>Wednesday, September 11</b>			
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
10:30-11:30	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/Nurturing Program Group Topic: <i>Feelings *semi closed group</i>	Danielle, LMHC	#43
	☹ Expressive Arts for Self-Esteem & Depression <i>*women only</i>	Florine, PhD	A-11
2:00-3:00	☹ Therapeutic Music for Stress Reduction <i>*women only</i>	Florine, PhD	A-11
3:00-4:00	Uplift: A Trauma Sensitive Yoga Practice <i>*women only</i>	Susanna, LICSW	Classroom
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
<b>Thursday, September 12</b>			
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
2:00-3:00	Mom 2 Mom Support Group <i>*pregnant or post-partum women only</i>	Tanisha, RSN	#43
2:30-3:30	Autumn's MAT Group <i>*closed group</i>	Autumn, LICSW	A-11
3:30-4:30	Suboxone & Vivitrol Group <i>*MAT clients only</i>	Mike, CADC	#43
4:00-5:00	Vencer El Miedo <i>*Spanish speaking only</i>	Diana, MA	#37
5:00-6:00	Anger Management	Sarah, MA	A-11
	Rise Up Support Group <i>*ages 30 and under</i>	Rick Rec. Coach	#37
6:30-7:30	Relapse Prevention	Tom, LICSW	A-11
<b>Friday, September 13</b>			
9:30-10:30	Skills for Change	Autumn, LICSW	#43
11:00-12:00	Managing Your Depression	Tom, LICSW	A-11
2:30 – 3:30	LGBTQIQ	Sarah, MA	#43

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



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## **Get this week's Group Schedule on your Smart Phone!**



**QR Scan  
Group Schedule**



This is a **QR Code**.

Use a smart phone to read it, and it will take you to this week's Group Schedule.

To do so:

- Download and install a free QR Code reader application.
- Take a picture or scan the QR Code with your mobile device.
- The code will take you to this week's Group Schedule on our website.

***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!***

## ***A message to all of our patients:***

***On Wednesday September 11<sup>th</sup>, clinical staff will be attending an All Staff Meeting. The meeting will be held off site and runs from 10:30-1:30pm. Therefore, clinical services and groups will be suspended for that time. We apologize in advance for any inconvenience this may cause.***