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| Mental Health Group Calendar |  |
| Neighborhood House Association  Coordinated Services Program  Ronan O’Brien, Clinical Case Manager, AMFT #117826 | February 2023 |
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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  |  | 1 | 2 | 3 |
|  |  |  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Coping with Anxiety Cycles** |  |
| 6 | 7 | 8 | 9 | 10 |
|  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Fostering Resilience**  *\*We are actively recruiting participants\** |  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Managing Grief** |  |
| 13 | 14 | 15 | 16 | 17 |
|  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Personality Types**  *\*We are actively recruiting participants\** |  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Developing Priorities** |  |
| 20 | 21 | 22 | 23 | 24 |
|  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Cognitive Distortions**  *\*We are actively recruiting participants\** |  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Personal Values** |  |
| 27 | 28 |  |  |  |
|  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Culture & Communication**  *\*We are actively recruiting participants\** |  |  |  |