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| Mental Health Group Calendar |  |
| Neighborhood House Association  Coordinated Services Program  Ronan O’Brien, Clinical Case Manager, AMFT #117826 | May 2023 |
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| Monday | Tuesday | Wednesday | Thursday | Friday |
| 1 | 2 | 3 | 4 | 5 |
|  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Social Support Networks**  *\*We are actively recruiting participants\** |  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Emotional Intelligence** |  |
| 8 | 14 | 10 | 16 | 12 |
|  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Exploring Life Narratives**  *\*We are actively recruiting participants\** |  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Managing Conflict** |  |
| 15 | 21 | 17 | 23 | 19 |
|  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: CBT Skills Training**  *\*We are actively recruiting participants\** |  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Cultural Values** |  |
| 22 | 28 | 24 | 30 | 26 |
|  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Family Relationships**  *\*We are actively recruiting participants\** |  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Developing “Replacement Behaviors”** |  |
| 29 | 30 | 31 |  |  |
|  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Uncovering the “Core Self”**  *\*We are actively recruiting participants\** |  |  |  |