

Mental Health Group Calendar

Neighborhood House Association

Coordinated Services Program

Ronan O'Brien, Clinical Case Manager,

AMFT #117826

June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
			1 3:00-4:00pm: Mental Health Group 4:00-5:00pm: Substance Abuse Group Topic: The Cognitive Triangle	2
5	6 3:00-4:00pm: Mental Health Group 4:00-5:00pm: Substance Abuse Group Topic: Managing Ego <i>*We are actively recruiting participants*</i>	7	16 3:00-4:00pm: Mental Health Group 4:00-5:00pm: Substance Abuse Group Topic: Keeping a Mood Log	9
12	14 3:00-4:00pm: Mental Health Group 4:00-5:00pm: Substance Abuse Group Topic: The Tasks of Mourning <i>*We are actively recruiting participants*</i>	14	23 3:00-4:00pm: Mental Health Group 4:00-5:00pm: Substance Abuse Group Topic: Thought Defusion	16
19	21 3:00-4:00pm: Mental Health Group 4:00-5:00pm: Substance Abuse Group Topic: Boundary Styles <i>*We are actively recruiting participants*</i>	21	30 3:00-4:00pm: Mental Health Group 4:00-5:00pm: Substance Abuse Group Topic: Imposter Syndrome	23
26	28 3:00-4:00pm: Mental Health Group 4:00-5:00pm: Substance Abuse Group Topic: Somatic Experiencing <i>*We are actively recruiting participants*</i>	28	29 3:00-4:00pm: Mental Health Group 4:00-5:00pm: Substance Abuse Group Topic: Acceptance and Commitment Therapy	30