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| Mental Health Group Calendar |  |
| Neighborhood House Association  Coordinated Services Program  Ronan O’Brien, Clinical Case Manager, AMFT #117826 | August 2023 |
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| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | 1 | 2 | 3 | 4 |
|  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Self-Awareness**  *\*We are actively recruiting participants\** |  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Goal Setting** |  |
| 7 | 8 | 9 | 10 | 11 |
|  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Developing Patience**  *\*We are actively recruiting participants\** |  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Body Language** |  |
| 14 | 15 | 16 | 17 | 18 |
|  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Positive vs. Negative Self-Talk**  *\*We are actively recruiting participants\** |  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Healthy Emotional Expression** |  |
| 21 | 22 | 23 | 24 | 25 |
|  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Conflict Resolution**  *\*We are actively recruiting participants\** |  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Understanding Our Needs** |  |
| 28 | 29 | 30 | 31 |  |
|  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Problem Solving Skills**  *\*We are actively recruiting participants\** |  |  |  |