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| Mental Health Group Calendar |  |
| Neighborhood House AssociationCoordinated Services ProgramRonan O’Brien, Clinical Case Manager, AMFT #117826 |  July 2023 |
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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 3 |  4 | 5 | 6 | 7 |
|  | \*\*\*HOLIDAY\*\*\* | 3:00-4:00pm: Mental Health Group 4:00-5:00pm: Substance Abuse Group **Topic: Core Beliefs***\*We are actively recruiting participants\** | 3:00-4:00pm: Mental Health Group 4:00-5:00pm: Substance Abuse Group **Topic: Confronting Avoidance** |  |
| 10 | 11 | 12 | 13 | 14 |
|  | 3:00-4:00pm: Mental Health Group 4:00-5:00pm: Substance Abuse Group **Topic: The Anger Iceberg***\*We are actively recruiting participants\** |  | 3:00-4:00pm: Mental Health Group 4:00-5:00pm: Substance Abuse Group **Topic: Positive Psychology**  |  |
| 17 | 18 | 19 | 20 | 21 |
|  | 3:00-4:00pm: Mental Health Group 4:00-5:00pm: Substance Abuse Group **Topic: Strengths-Spotting***\*We are actively recruiting participants\** |  | 3:00-4:00pm: Mental Health Group 4:00-5:00pm: Substance Abuse Group **Topic: Recognizing Gaslighting** |  |
| 24 | 25 | 26 | 27 | 28 |
|  | 3:00-4:00pm: Mental Health Group 4:00-5:00pm: Substance Abuse Group **Topic: Virtuous vs. Vicious Cycles***\*We are actively recruiting participants\** |  | 3:00-4:00pm: Mental Health Group 4:00-5:00pm: Substance Abuse Group **Topic: Exposure Techniques** |  |