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| Mental Health Group Calendar |  |
| Neighborhood House Association  Coordinated Services Program  Ronan O’Brien, Clinical Case Manager, AMFT #117826 | October 2023 |
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| Monday | Tuesday | Wednesday | Thursday | Friday |
| 2 | 3 | 4 | 5 | 6 |
|  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Recovery Maintenance**  *\*We are actively recruiting participants\** |  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Developing Priorities** |  |
| 9 | 12 | 11 | 12 | 13 |
|  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Challenging Irrational Beliefs**  *\*We are actively recruiting participants\** |  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Being a Leader** |  |
| 16 | 19 | 18 | 19 | 20 |
|  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: How to “Reframe”**  *\*We are actively recruiting participants\** |  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Personality Types** |  |
| 23 | 26 | 25 | 26 | 27 |
|  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Apologies and Forgiveness**  *\*We are actively recruiting participants\** |  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Managing Grief** |  |
| 30 | 31 |  |  |  |
|  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Culture and Communication**  *\*We are actively recruiting participants\** |  |  |  |