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| Mental Health Group Calendar |  |
| Neighborhood House Association  Coordinated Services Program  Ronan O’Brien, Clinical Case Manager, AMFT #117826 | September 2023 |
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| Monday | Tuesday | Wednesday | Thursday | Friday |
| 4 | 5 | 6 | 7 | 8 |
|  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Developing the Wise Mind**  *\*We are actively recruiting participants\** |  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Pitfalls of Perfectionism** |  |
| 11 | 12 | 13 | 14 | 15 |
|  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: How to Build a Habit**  *\*We are actively recruiting participants\** |  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Creating Secure Attachment** |  |
| 18 | 19 | 20 | 21 | 22 |
|  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Emotional Identification**  *\*We are actively recruiting participants\** |  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Radical Acceptance** |  |
| 25 | 26 | 27 | 28 | 29 |
|  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Circles of Influence**  *\*We are actively recruiting participants\** |  | 3:00-4:00pm: Mental Health Group  4:00-5:00pm: Substance Abuse Group  **Topic: Self-Esteem** |  |