



Cobblestone Therapy Groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3:30-4:00pm — Bill O/Liz F Healthy Relationships <i>Ending, last session 10/8</i> <i>Refer to Alvernon and Country Club.</i></p>	<p>10:00-11:00am — Bill O Seeking Safety <i>Last session 10/9. Switching to Fridays.</i></p> <p>4:00-5:00pm — Liz F Depression & Anxiety Group</p>	<p>4:00-5:00pm— Bill or Liz Anger Management <i>Switching to RC group 10/17.</i> <i>Ask front desk for day/time.</i></p>	<p>3:00-4:00 — Liz F Dialectical Behavior Therapy <i>Last session 10/11. Refer to DBT group at Alvernon.</i></p> <p>4:00-5:00pm—Bill O/Jonathan Addictions and Recovery <i>Last session 10/11. Refer to Cobblestone Peer Substance Abuse groups and/or 380 Substance Abuse groups.</i></p>	<p>1:00-2:00 — Carolyn G Women's Trauma Processing <i>Last session 10/19. Group switching to Seeking Safety at same time, same facilitator.</i></p>

