

**HELP Counseling Center Group Schedule 2018**

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| **Grief and Loss** | **Monday 9:30 am – 10:30 am** |
| **Health and Wellness** | **Monday 11:00 am – 12:00 pm** |
| **Creative Journal Writing: Managing Wellness** | **Monday 12:00 pm - 1:00 pm** |
| **Co-Occurring Disorder Group** | **Monday 1:00 pm- 2:00 pm** |
| **DBT Skills Training Group** | **Tuesday 9:00 am – 10:00 am** |
| **Coping For Wellness** | **Tuesday 11:00 am - 12:00 pm** |
| **Medication Psychoeducation and Coping Skills Development** | **Tuesday 12:00 pm – 1:00 pm** |
| **Spirituality and Wellness** | **Tuesday 1:00 pm- 2:00 pm** |
| **Health Education With RN** | **Tuesday 2:00 pm – 3:00 pm** |
| **Trauma Recovery and Wellness** | **Wednesday 8:30 am – 9:30 am** |
| **Co-Occurring Disorder Group** | **Wednesday 10:00 am – 11:00 am** |
| **Spirituality and Wellness** | **Wednesday 11:00 am to 12:00 pm** |
| **Men’s Health and Wellness Group** | **Wednesday 12:00 pm - 1:00 pm** |
| **Mindfulness and Stress Reduction** | **Thursday 10:00 am – 11:00 am** |
| **Living With Others: Interpersonal Effectiveness** | **Thursday 11:30 am – 12:30 pm** |
| **Depression and Wellness** | **Friday 9:30 am -10:30 am** |
| **Women’s Group: Health and Wellness** | **Fridays 11:30 am -12:30 pm** |
| **Anger Management** | **Friday 1:00 pm- 2:00 pm** |
| **Coping Skills: Weekend Management** | **Saturday 10:00 am - 11:00 am** |