

GROUP SCHEDULES - updated 3/2/2020

DAY	TIME	GROUP NAME	CLINICIAN
WEAVERVILLE – Mental Health			
Monday	10:00am-12:00pm	Seeking Safety Group	Shawna
Monday	1:30pm-3:00pm	Anxiety and Mindfulness Group	Shawna
Tuesday	9:00am-10:30 am	Men's Safety Group	Debbie
Wednesday	10:30am-12:00pm	Men's Group	Jeff
Thursday	2:00pm-3:30pm	MBSR Support Group	Kelley
Thursday	11:00am-12:00pm	Emotional BS and Boundaries Group	Shawna
Thursday	10:30am-Noon	LGBTQQI Process Group	Joe
WEAVERVILLE - AODS			
Monday	10:00am-11:30am	Women's Group	Eko
	1:00pm-2:30pm	MRT Group	Yoni
	3:00pm-3:45pm	MRT Men's Jail Group	Yoni
	3:45pm-4:30pm	MRT Women's Jail Group	Yoni
Tuesday	1:30pm-3:00pm	Men's Group	Eko
Wednesday	10:00am-11:30am	Women's Group	Eko
Thursday	1:30pm-3:00pm	Men's Group	Eko
Friday	10:00am-11:30am	Women's Group	Eko
MILESTONES Wellness Center – Weaverville			
PLEASE NOTE:			
For All Monthly Milestone Group Schedules & Activities, Please Refer To The Milestones Wellness Center Activities Calendar.			
For Any Concerns Or Questions, Please Contact Milestones @ 530-598-2825.			
HAYFORK – Mental Health & AODS			
Monday	1:30pm-3:00pm	Women's Rehab Group	Kathryn
Monday	TBD	AODS Hayfork Group	Yoni
Wednesday	TBD	AODS Hayfork Group	Yoni
COMMUNITY OFFICE USE			
Every Saturday	8:00am to 5:30pm	"DUI" program – <i>in Water Lily Room</i>	Cascade Circle