

**Lakeside Group List**  
8050 E Lakeside Parkway (520) 584-5820

<u>Group Name</u>	<u>Start Time</u>	<u>End Time</u>	<u>Room</u>	<u>Facilitator</u>
<b>MONDAY</b>				
* IOP Substance Abuse Treatment	9:00 AM	12:00 PM	Group Room 2	Jasmine
* Healthy Relationships	1:30 PM	3:00 PM	Group room 2	Jasmine
* Anger Management	2:30 PM	4:00 PM	Group Room 1	Gareth
* Grief Group	3:30 PM	5:00 PM	Group Room 2	Jasmine
<b>TUESDAY</b>				
* IOP Substance Abuse Treatment	9:00 AM	12:00 PM	Group Room 2	Jasmine
* Friendship Skills	1:00 PM	2:30 PM	Group Room 2	Lorna
*Discover Wellness	3:00 PM	4:30 PM	Group Room 1	Jasmine
Modified Mindfulness & Relaxation (referral)	3:00 PM	4:30 PM	Group Room 2	Karin
<b>WEDNESDAY</b>				
*Substance Abuse Recovery	9:00 AM	10:30 AM	Group Room 2	Jasmine
Voc Rehab Orientation (2nd Wed of month) <b>on hold</b>	3:00 PM	4:00 PM	Group Room 2	David
*Jewelry group	1:00 PM	3:00 PM	Group Room 2	Lorna
*Depression and Anxiety	1:30 PM	3:00 PM	Group room 1	Jasmine
Mindfulness and Relaxation	3:00 PM	4:30 PM	Group Room 2	Karin
<b>THURSDAY</b>				
DBT Skills Training (referral)	8:30 AM	10:00 AM	Group Room 2	Mikaela
* IOP Substance Abuse Treatment	9:00 AM	12:00 PM	Group Room 2	Jasmine
*Modified DBT (referral)	3:00 PM	4:30 PM	Group Room 2	Karin
*DBT Skills Training (referral)	3:00 PM	4:30 PM	Group Room 1	Diljot
<b>FRIDAY</b>				
* SMART recovery	10:30 AM	12:00 PM	Group Room 2	Jasmine
* Art Expressions	1:30 PM	3:00 PM	Group Room 2	Lorna
* Bipolar Coping Skills	3:00 PM	4:30 PM	Group Room 2	Jasmine
* Face to Face and Zoom option available				

**REVISED**  
2:21 pm, Aug 02, 2022