

**Northwest Group List**  
5840 N La Cholla Blvd (520) 498-3900

<u>Group Name</u>	<u>Start Time</u>	<u>End Time</u>	<u>Room</u>	<u>Facilitator</u>
<b><u>Monday</u></b>				
* IOP Substance Abuse Treatment	9:00 AM	12:00 PM	1	Dino
* Depression and Anxiety	2:00 PM	3:30 PM	1	Dino
<b><u>TUESDAY</u></b>				
* Bipolar Coping Skills	10:00 AM	11:30 AM	1	Dino
* Grief and Loss	12:00 PM	1:30 PM	1	Dino
* Relapse Prevention	2:00 PM	3:30 PM	1	Dino
<b><u>WEDNESDAY</u></b>				
* IOP substance abuse Treatment	9:00 AM	12:00 PM	1	Dino
* Anger Management	1:00 PM	2:30 PM	1	Dino
DBT Skills Training (Referral ) zoom only	2:00 PM	3:30PM	1	Luis
<b><u>THURSDAY</u></b>				
* PTSD coping skills	10:00 AM	11:30 AM	1	Dino
* Vocational Rehabilitation Program Thursday every month	1st 1:00 PM	2:00 PM	1	Crystal
* Healthy Relationships	2:00 PM	3:30 PM	1	Dino
<b><u>FRIDAY</u></b>				
* IOP Substance Abuse Treatment	9:00 AM	12:00 PM	1	Dino
* Mindfulness and Relaxation	2:00 PM	3:30 PM	1	Dino
* LGBTQ Group	2:30 PM	4:00 PM	1	Ken
<b>* Face to Face and Zoom option available</b>				

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