

APRIL 2021

EVENING GROUP SCHEDULE



| Sunday | Monday <i>Women's/Men's</i> | Tuesday <i>Teen Rap</i> | Wednesday | Thursday <i>Anger Management</i> | Friday <i>Teens Living Clean</i> | Saturday |
|--------|---------------------------------------|---------------------------------------|-----------|--|-------------------------------------|----------|
| | | | | 1 What Is Anger? 7-8PM | 2 MENTAL HEALTH 7-8PM | 3 |
| 4 | 5 ART GROUP 7-8PM | 6 STRESS 7-8PM | 7 | 8 EXPRESSING EMOTIONS (PATS) 7-8PM | 9 NICOTINE & TOBACCO 7-8PM | 10 |
| 11 | 12 SOCIAL SUPPORT 7-8PM | 13 CONFLICT RESOLUTION 7-8PM | 14 | 15 ANGER CUES (PATS) 7-8PM | 16 EXERCISE 7-8PM | 17 |
| 18 | 19 ART GROUP 7-8PM | 20 PEER PRESSURE 7-8PM | 21 | 22 BODY LANGUAGE (PATS) 7-8PM | 23 ADDICTION 7-8PM | 24 |
| 25 | 26 TOXIC RELATIONSHIPS 7-8PM | 27 INTERNET SAFETY 7-8PM | 28 | 29 THINKING (PATS) 7-8PM | 30 COPING SKILLS 7-8PM | |
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GROUPS WILL BE HELD ONLINE VIA ZOOM - LINK EMAILED TO PARTICIPANTS WHO REGISTER THROUGH PHONE OR EMAIL

FOR ANY QUESTIONS OR CONCERNS, PLEASE CONTACT LYMARIS E. GROUP FACILITATOR
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PLEASE CALL OR EMAIL IF YOU PLAN TO ATTEND ANY GROUPS.
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