

Counseling Center Group Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 -9:00am					
9:00- 10:00am	Trauma and Recovery Group	Health Promotion		Wellness/ Self Management	
10:00 -11:00am	Anger Management	DBT Skills Training	Women’s Group	Co-Occurring Disorders	Orientation Group
11:00- 12:00pm			Smoking Cessation	Dialectic Behavioral Therapy	
12:00- 1:00pm					
1:00 – 2:00pm					