

**DUE TO COVID-19, DAYS/TIMES/LOCATIONS ARE NOT AVAILABLE**



## PEER FACILITATED GROUPS

<u>Group Name</u>
Art Group
CMT (Community Maintenance & Thriving)
Food Education
Free To Be Me Group (LGBTQI) (Open to the community and Consumers)
MRT (Moral Reconciliation Therapy) Group
Recovery Dialogue Group
Tobacco Education & Recovery (Smoking Cessation)
Tobacco Education & Recovery (Smoking Cessation)
WHAM Support Group
Women's Group
Women's Group
WRAP Group

### PEER/CSM CO-FACILITATED GROUPS

<u>Group Name</u>
YAP Group
YAP Group

### ACT GROUPS

<u>Group Name</u>
Community Integration
Coping Skills & Substance Abuse Group
Managing Your Emotions
Recovery Group
Wellness Group
Wellness/Walking Group
WRAP Group

### CSM GROUPS WATERFORD/PONTIAC

<u>Group Name</u>
FPE (Family Psychoeducation)
YAP

### CSM NOVI/SOUTHFIELD

<u>Group Name</u>
Art Group
YA Coping Skills

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## PEER FACILITATED GROUPS

### CLUBHOUSE FACILITATED GROUPS

Group Name

Education Group\*

Exercise Group\*

Job Club Group\*

Movie\*

Walking Group\*

Wellness Group\*

\*Open to Clubhouse Members Only

### DROP IN CENTER GROUPS

Group Name

Beads/Art

Game Day

Music Day

Wellness Wednesdays

### THERAPY GROUPS - WATERFORD

Group Name

Anxiety Group

DBT Group\*

DBT Group\*

Life Skills Group

Life Skills Group

Life Skills Group

Life Skills Group

SA Precontemplation Group

Trauma Recovery

TREM

\* DBT Groups are only open to consumers who are enrolled in the DBT Program

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## PEER FACILITATED GROUPS

### THERAPY GROUPS - NOVI

Group Name

DBT Group\*

DBT Group\*

Life Skills Group

SA Action Group

SA Precontemplation Group

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### THERAPY GROUPS - PONTIAC

Group Name

Anger Group

Early Recovery Group

SA Precontemplation Group