

Center Wide Virtual Groups

USARA Groups for Substance Use
<https://www.myusara.com/resources/>

Days/Times Vary

Recovery Skills Group

Mon 3-5:00

Men's DBT

Tue 10:30-12:00

Seeking Safety

Mon 4:15-5:30

Dual Diagnosis

Thur 10:30-11:30

 Rainbow Group

Mon 12-1:00

Self Compassion Women's Group

Tue 10:30-12:00