

Valley Community Services Board  
WEEKLY OUTPATIENT GROUP SESSIONS  
Effective 08/13/2019

Day	Group	Times	Leader	Room
<b>Monday</b>	*Daytime IOP (9hrs/3x week/12 weeks)	9:30-12:30	C. Sherman	80
	*SU Coping Skills 3 (1hr/2x week/16 weeks)	9:00-10:00	J. Czywczynski	58
	MH CBT (1hr/1x week/ 12 weeks)	10:00-11:00	J. Czywczynski	58
	*Self-Discovery AM (3hrs/3x week/16 weeks)	11:00-12:00	M. DeCarr	58
	*Women's ERS-4 (1hr/1x week/10 weeks)	1:30-2:30	R. Tysinger	59
	*SU Coping Skills 1 (1hr/2x week/16 weeks)	2:00-3:00	L. Parrish	60
	Anger Management (1hr/1x week/10 weeks)	2:00-3:00	J. Czywczynski	57
	*Self Discovery PM (3hrs/3x week/16 weeks)	3:00-4:00	L. Parrish	58
	*Evening IOP (9hrs/3x week/12 weeks)	5:00-8:00	M. DeCarr/J. Czywczynski	80
	*SU Social Support-1 (1hr/1x week/20 weeks)	6:00-7:00	C. Sherman	57
<b>Tuesday</b>	Wellness (1hr/1x week/24 weeks)	10:00-11:00	M. DeCarr	58
	*Self-Discovery AM (3hrs/3x week/16 weeks)	11:00 12:00	M. DeCarr	58
	*Afternoon IOP (9hrs/3x week/12 weeks)	1:00-4:00	A. Bennett/R. Tysinger	80
	*SU Coping Skills 2 (1hr/2x week/16 weeks)	2:00-3:00	M. DeCarr	58
	*Self Discovery PM (3hrs/3x week/16 weeks)	3:00-4:00	L. Parrish	58
	Adolescent Group (1hr/1x week/8 weeks)	3:30-4:30	E. Kemp	77
	MH CBT-3 (1hr/1x week/ 12 weeks)	5:00-6:00	A. Bennett	57
	*Evening IOP (9hrs/3x week/12 weeks)	5:00-8:00	M.DeCarr/J. Czywczynski	80
	Anger Management (1hr/1x week/10 weeks)	6:00-7:00	A. Bennett	57
<b>Wednesday</b>	*Daytime IOP (9hrs/3x week/12 weeks)	9:30-12:30	C. Sherman	80
	*SU Coping Skills 3 (1hr/2x week/16 weeks)	9:00-10:00	J. Czywczynski	58
	MH CBT-4 (1hr/1x week/12 weeks)	10:00-11:00	R. Tysinger	59
	Loss & Transition (1hr/1x week/12 weeks)	1:00-2:00	A. Bennett	60
	*Early Recovery Skills-2 (1hr/1x week/10 weeks)	1:30-2:30	J. Czywczynski	59
	Women's MH Triad (1 ½ hr/1x week/20 weeks)	1:30-3:00	C. Sherman	57
	<b>Thursday</b>	Women's MH CBT-2 (1hr/1x week/12 weeks)	10:00-11:00	C. Sherman
*Women's SU (1hr/1x week/16 weeks)		10:00-11:00	R. Tysinger	57
*Self-Discovery AM (3hrs/3x week/16 weeks)		11:00-12:00	M. DeCarr	58
*Afternoon IOP (9hrs/3x week/12 weeks)		1:00-4:00	A. Bennett/R. Tysinger	80
*SU Coping Skills 1 (1hr/2x week/16 weeks)		2:00-3:00	L. Parrish	60
*SU Coping Skills 2 (1hr/2x week/16 weeks)		2:00-3:00	M. Decarr	58
*Self Discovery PM (3hrs/3x week/16 weeks)		3:00-4:00	L. Parrish	58
VOICES Adolescent Female (1hr/1x wk/18 weeks/CLOSED)		4:00-5:40	T. Sayre	59
Children's MH Group (1hr/1x wk/ weeks/8 weeks/CLOSED)		4:00-5:00	C. Crawford	60
*Evening IOP (9hrs/3x week/12 weeks)		5:00-8:00	M. DeCarr/J. Czywczynski	80
*Early Recovery Skills-1 (1hr/1x week/10 weeks)		5:30-6:30	R. Tysinger	58
<b>Friday</b>	*Women's SU (1hr/1x week/16 weeks)	8:30-9:30	A. Bennett	57

	Motivational Interviewing (1hr/1x weekly/3 consecutive sessions)	10:00-11:00	K. Hart	58
	*Early Recovery Skills-3 (1hr/1x week/10weeks)	9:00-10:00	R. Tysinger	58
	*Daytime IOP (9hrs/3x week/12 weeks)	9:30-12:30	C. Sherman	80
	*Afternoon IOP (9hrs/3x week/12 weeks)	1:00-4:00	A. Bennett/R. Tysinger	80
	* Substance Use Group			
<b>Monday</b>	NA Meeting	12:30-1:30	S. Price will escort	80
<b>Tuesday</b>	Next Step (1 <sup>st</sup> Tuesday/monthly)	6:00-7:00	ON HOLD	73