

Valley Community Services Board  
WEEKLY OUTPATIENT GROUP SESSIONS  
Revised 9/30/2021

Day	Group	Times	Leader
<b>Monday</b>	*Daytime IOP (9hrs/3x week/12 weeks)	9:30-12:30	K. Tracy/A. Good
	MH CBT (1hr/1x week/ 12 weeks)	10:00-11:00	J. Z-Lister
	*Womens SU (1hr/2x week/12 weeks)	10:00-11:00	S. Price
	*Self-Discovery AM (3hrs/3x wk/13 wks)	11:00-12:00	M. DeCarr
	*SU Coping Skills 3 (1hr/2x wk/12 weeks)	11:30-12:30	S. Price
	*Self-Discovery PM (3hrs/3x wk/13 wks)	1:00-2:00	S. Price
	*SU Coping Skills 1 (1hr/2x wk/12 weeks)	2:00-3:00	A Good
	*Self-Discovery PM (3hrs/3x wk/13 wks)	5:00-6:00	R. Walden (coming)
	*SU Coping Skills 3 (1hr/2x wk/12 weeks)	5:00-6:00	J. Z-Lister (coming)
	*Evening IOP (9hrs/3x week/12 weeks)	5:00-8:00	M. DeCarr/S. Price
*SU Social Support-1 (1hr/1x wk/10 wks)	-----	Individual therapy only	
<b>Tuesday</b>	Wellness (1hr/1x week/24 weeks)	10:00-11:00	M. DeCarr
	*Self-Discovery AM (3hrs/3x wk/13 wks)	11:00 12:00	M. DeCarr
	*Self-Discovery PM (3hrs/3x wk/13 wks)	1:00-2:00	S. Price
	*Womens Co-Occ (90 min/1x wk/16 wks)	1:00-2:30	A. Good
	*Womens IOP (9hrs/3x week/12 weeks)	1:00-4:00	J. Fetterman/J. Z-L
	*SU Coping Skills 2 (1hr/2x wk/12 weeks)	2:00-3:00	M. DeCarr
	Adolescent Group (1hr/1x week/8 weeks)	3:30-4:30	E. Kemp
	*Self-Discovery PM (3hrs/3x wk/13 wks)	5:00-6:00	R. Walden (coming)
	*SU Coping Skills 3 (1hr/2x wk/12 weeks)	5:00-6:00	J. Z-Lister (coming)
	*Evening IOP (9hrs/3x week/12 weeks)	5:00-8:00	M. DeCarr/S. Price
Anger Management (1hr week/10 weeks)	5:30-6:30	K. Tracy	
<b>Wednesday</b>	*Daytime IOP (9hrs/3x week/12 weeks)	9:30-12:30	K. Tracy/A. Good
	MOTIV INT (1hr/1x wk/3 sessions)	1:00-2:00	A. Good
	*Self-Discovery PM (3hrs/3x wk/13 wks)	1:00-2:00	S. Price
<b>Thursday</b>	*Early Recov Skills-3 (1hr/1x wk/10wks)	9:00-10:00	M. DeCarr
	Women's MH CBT-2 (1hr/1x wk/12 wks)	10:00-11:00	J. Z-Lister
	*Womens SU (1hr/2x week/12 weeks)	10:00-11:00	S. Price
	*Self-Discovery AM (3hrs/3x wk/13 wks)	11:00-12:00	M. DeCarr
	MH CBT-3 (1 hr/1xwk/12 wks)	1:00-2:00	E. Kemp
	*Self-Discovery PM (1hr/2x wk/12 weeks)	1:00-2:00	S. Price
	*Womens IOP (9hrs/3x week/12 weeks)	1:00-4:00	J. Fetterman/J. Z-L

*SU Coping Skills 1 (1hr/2x wk/12 weeks)	2:00-3:00	A. Good
*SU Coping Skills 2 (1hr/2x wk/12 weeks)	2:00-3:00	M. DeCarr
*Self-Discovery PM (3hrs/3x wk/13 wks)	5:00-6:00	R. Walden (coming)
*Evening IOP (9hrs/3x week/12 weeks)	5:00-8:00	M. DeCarr/S. Price
*Early Recov Skills-1 (1hr/1x wk/10 wks)	5:30-6:30	T. Taylor

**Friday**

*Daytime IOP (9hrs/3x week/12 weeks)	9:30-12:30	K. Tracy/A. Good
Loss & Transition (1hr/1x wk/12 weeks)	1:30-2:30	A. Good
*Womens IOP (9hrs/3x week/12 weeks)	1:00-4:00	J. Fetterman/J. Z-L
Anger Management	3:00-4:00	A. Good

\* Substance Use Group

<b>Monday</b>	SMART	11:30-12:30	Z. Kosowitz	80
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