

Therapy Group Schedule as of 4/11

<u>Group</u>	<u>Goal of Participants</u>
Anger Management	Learn how to more successfully manage anger and be more in control
Mood Disorder Therapy for women	Find ways to effectively manage depression or bipolar disorder
Coping with Anxiety and Stress	Identify and use effective methods to reduce anxiety and manage stress
Dialectical Behavioral Therapy for Women	Learn interpersonal and emotional regulation skills and develop an improved ability to better deal with stress
Alcohol and Drug Awareness	Increase personal awareness of alcohol and drug related problems to prevent further consequences
Alcohol and Drug Treatment	Prevent further substance abuse by helping clients learn to develop healthy alternatives
Alcohol and Drug Relapse Prevention	Develop skills leading to ongoing recovery and abstinence
Challenges of Aging	Develop skills to deal proactively with the challenges of aging
Dealing with Loss	Learn to cope with loss and grief