

CRC Groups for July through December 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 TO 10:30	Recovery Music Trish <i>(Backup: Sara)</i>	Mindfulness Carol <i>(Backup: Sara)</i>	CPC Supervision	Five Agreements Janine <i>(Backup: Sara)</i>	Seeking Safety Sara <i>(Backup: Trish)</i>
10:30 TO NOON	Voices & Visions Carol <i>(Backup: Janine)</i>	Legacy of Trauma Janine <i>(Backup: Trish)</i>	Men's Group James <i>(No Backup: Free Day)</i>	What, Me Worry? Trish <i>(Backup: Janine)</i>	Women's Group Carol <i>(Backup: Janine)</i>
1:00 TO 2:30	Creative Expressions Sara <i>(Backup: James)</i>	The Hangout James <i>(Backup: Trish)</i>	Wellness & Recovery Sara <i>(Backup: Trish)</i>	Coping with Grief Janine <i>(Backup: Trish)</i>	Games Group James <i>(Backup: Janine)</i>

Community Meeting will be the 3rd Thursday of every month during lunch 12-12:45