

EMPOWERMENT GROUPS

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
10:30 – Noon MONDAY MOTIVATION HOST: Meghan Behring Meeting ID: 758487333	12:30 – 2pm PEER SPECIALIST TRAINING HOST: Alyssa Montgomery CLOSED GROUP	9am – 10:30 TREM HOST: Michelle Zucker Meeting ID: 84608836503	9am – 10:30 MOTHERHOOD: Matters of the Heart HOST: Leta Calvert Meeting ID: 634014045	1:00 – 2pm HOW ARE WE DOING? HOST: Laura Schneider Meeting ID: 651478653
2:00 – 3:30pm WAGEES GROUP HOST: Tiffany Taylor CLOSED GROUP		10:30 RELAPSE PREVENTION – HOST: Lori Boothe Noon Coming Soon	1:30 – 3pm BEYOND TRAUMA HOST: Brandi Haberl Meeting ID: 663531108	
3:00 – 4:30pm SEXUAL HEALTH & EMPOWERMENT HOST: Darcy Strayer Meeting ID: 87056412351		5:30 – 7pm TREM HOST: Meghan Behring Meeting ID: 213674918	3:30 – 5pm LIFE SKILLS HOST: Reilly Rebhahn Meeting ID: 899097198	
E-MAIL GROUP! SEEKING SAFETY HOST: Channa Alles Alyssa Montgomery				

GROUP DESCRIPTIONS

- **BEYOND TRAUMA** is a group for women who are ready to examine the reach and impact of trauma on women’s lives, helping to integrate traumatic experiences through understanding, mindfulness, and connection.
- **MONDAY MOTIVATION** - Start the week off by joining with community. We will gather together to set and share our weekly intentions.
- **LIFE SKILLS** is a class dealing with time/stress/money management, self-esteem, communication skills, and beyond.
- **MOTHERHOOD: MATTERS OF THE HEART** provides a safe environment where parents can openly discuss their successes and challenges of parenting and the difficult relationships we often have with our own mothers.
- **PEER SPECIALIST TRAINING** is an introductory training to becoming a peer specialist.
- **RELAPSE PREVENTION** is drug/alcohol treatment group that focuses on building cognitive and behavioral skills.
- **TREM – Trauma, Recovery, & Empowerment** is a comprehensive group intervention designed to help women who have experienced trauma and substance addiction.
- **WAGEES – Work and Gain Employment and Education** Drop in to see your WAGEES care managers and discuss current events and issues.