



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>January 2021</b>			<b>HAPPY NEW YEAR</b>
				1
4	5	6	7	8
<b>E-MAIL</b> Seeking Safety 10am HOST: Channa Alles	<b>ZOOM</b> Peer Specialist Training 10:30am - Noon HOST: Sharon Lynch CLOSED GROUP	<b>E-MAIL</b> Drug & Alcohol Education 10am HOST: Channa Alles	<b>ZOOM</b> Life Skills 3:30-5pm HOST: Deborah Lawton ID: 843 6568 1079	<b>ZOOM</b> TREM 11am-12:30pm HOST: Michelle Zucker ID: 8460 883 6503
	<b>E-MAIL</b> TREM 2pm HOST: Channa Alles	<b>E-MAIL</b> Beyond Anger & Violence 10am HOST: Sharon Lynch		<b>ZOOM</b> Empowerment Presents 3-4pm HOST: Leah Dirkse ID: 851 2301 0786
11	12	13	14	15
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18	19	20	21	22
 <b>CLOSED</b> Martin Luther King Jr Day!	<b>ZOOM</b> Peer Specialist Training 10:30am - Noon HOST: Sharon Lynch CLOSED GROUP	<b>E-MAIL</b> Drug & Alcohol Education 10am HOST: Channa Alles	<b>ZOOM</b> Life Skills 3:30-5pm HOST: Deborah Lawton ID: 843 6568 1079	<b>ZOOM</b> TREM 11am-12:30pm HOST: Michelle Zucker ID: 8460 883 6503
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25	26	27	28	29
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				<b>HOT STUFF! 1-4pm</b> Empowerment Parking Lot FREE Hot Meal & HIV testing



## 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.
- **DRUG & ALCOHOL EDUCATION** - This is a treatment group using the Strategies for Self-Improvement and Change curriculum and is appropriate for all. While the material focuses on substance use all material used can help those who want to change any habit.
- **EMPOWERMENT PRESENTS** - An Educational Series with a different topic discussed each week. COME FOR THE \$25 RAFFLE, STAY FOR THE EDUCATION!
- **LIFE SKILLS** is a class dealing with time/stress/money management, self-esteem, communication skills, and beyond.
- **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.
- **SEEKING SAFETY** is an evidence-based, present-focused therapy to help people attain safety from trauma, PTSD, and/or substance abuse, without requiring people to delve into the full trauma narrative.
- **TREM – Trauma, Recovery, & Empowerment** is a comprehensive group intervention designed to help women who have experienced trauma and substance addiction.