

# EMPOWERMENT ZOOM GROUPS

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
	<b>PEER SPECIALIST TRAINING</b> <i>Noon-2:30pm</i> HOST: <a href="#">Alyssa Montgomery</a> CLOSED GROUP	<b>RELAPSE PREVENTION</b> <i>10:30am-Noon</i> HOST: <a href="#">Lori Boothe</a> Meeting ID: 743 060 065	<b>LIFE SKILLS</b> <i>3:30-5pm</i> HOST: <a href="#">Deborah Lawton</a> Meeting ID: 843 6568 1079	<b>TREM</b> <i>11am-12:30pm</i> HOST: <a href="#">Michelle Zucker</a> Meeting ID: 8460 883 6503
		<b>TREM</b> 30 min. CHECK-IN for E-mail Group <i>5:30-6pm</i> HOST: <a href="#">Meghan Behring</a> Meeting ID: 213 674 918		

## EMPOWERMENT E-MAIL GROUPS

## IN-PERSON

<b>DRUG &amp; ALCOHOL EDUCATION</b> HOST: <a href="#">Channa Alles</a> &	<b>SEEKING SAFETY</b> HOST: <a href="#">Channa Alles</a> & <a href="#">Alyssa Montgomery</a>	<b>TREM</b> HOST: <a href="#">Meghan Behring</a>	<b>BEYOND ANGER &amp; VIOLENCE</b> HOST: <a href="#">Sharon Lynch</a>	<b>WOMEN'S HEALTH AT CONGRESS PARK</b> HOST: <a href="#">Channa</a> & <a href="#">Sharon</a>
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## 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.
- **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.
- **WOMEN'S HEALTH** is a group to discuss the stresses and health issues arising from COVID mandates.