

Advanced Gathering and Acceptance, and Belonging (GAB)

Facilitator: Dr. Chandler, Psy.D, LAC

Day: Thursday

Time: 3:00 pm – 4:30 pm

Format: In-Person Only

Duration: 52 Weeks/Sessions

Anger Management

Facilitator: Teri White, BSW

Day: Wednesday

Time: 3:00 pm – 5:00 pm

Format: Hybrid

Duration: 10 Weeks/Sessions

Anger Management MRT

Facilitator: Jenna Holloway, MS, George Martinez, MA, LPCC

Day: Starting Monday, August 18, 2025, (Men) 6:00 pm – 8:00 pm, Starting Thursday, August 21, 2025, (Women) 3:00 pm – 5:00 pm

Format: In-person Only

Duration: 8 Weeks/Sessions

DBT Meets the 12-Steps

Facilitator: Emma Segura, MA, LPC

Day: Tuesday

Time: 8:00 am – 10:00 am

Format: Hybrid

Duration: 26 Weeks/Sessions

DBT Skills Group

Facilitator: DBT Team

Day: Tuesday 1:00 pm – 3:00 pm, Wednesday 10:00 am – 12:00 pm

Format: Hybrid

Duration: 26 Weeks/Sessions

Early Recovery Skills

Facilitator: Ted Ulibarri MS, LPC, LAC

Day: Wednesday

Time: 5:00 pm – 6:30 pm

Format: Hybrid

Duration: 10 Weeks/Sessions

Early Recovery Skills Spanish Speaking

Facilitator: Ted Ulibarri, MS, LPC, LAC, Interpreter Juan Martinez

Day: Thursday

Time: 3:00 pm – 5:00 pm

Format: Hybrid

Duration: 10 Weeks/Sessions

Emotional Well-Being and AccuDetox

Facilitator: Emily Martinez, BA, CAS, Shannon Cervantes, PEER

Day: Friday

Time: 11:30 am – 1:00 pm

Format: In-Person Only

Duration: 12 Weeks/Sessions

Exploring Trauma (Men Only)

Facilitator: Erica Palacio MA, LPCC, LAC

Day: Friday

Time: 2:00 pm – 4:00 pm

Format: Hybrid

Duration: 12 Weeks/Sessions

Fentanyl Education

Facilitator: Erica Palacio, MA, LPCC, LAC

Day: Starting September 9, 2025, 2nd Tuesday of every month Tuesday 10:00 am – 12:00 pm, 3rd Thursday of every month 2:00 pm – 4:00 pm

Format: In-person Only

Duration: 8 Weeks/Sessions

Finding Hope After Grief and Loss

Facilitator: Tim Davis, MA, LPC, LAC

Day: Thursday

Time: 10:00 am – 12:00 pm

Format: Hybrid

Duration: 12 Weeks/Sessions

Healing Trauma (Women Only)

Facilitator: Erica Palacio MA, LPCC, LAC

Day: Friday

Time: 9:00 am – 11:00 am

Format: Hybrid

Duration: 12 Weeks/Sessions

Helping Men Recover

Facilitator: Ted Ulibarri, MA, LPC, LAC

Day: Monday

Time: 1:00 pm – 3:00 pm

Format: Hybrid

Duration: 21 Weeks/Sessions

Helping Women Recover – Group on Hold

Facilitator: Teri White, BSW

Day: Monday

Time: 9:00 am – 11:00 am

Format: Hybrid

Duration: 21 Weeks/Sessions

Mindfulness

Facilitator: Teri White, BSW

Day: Friday

Time: 1:00 pm – 3:00 pm

Format: Hybrid

Duration: 8 Weeks/Sessions

Mind Over Mood

Facilitator: George Martinez, MA, LPCC

Day: Wednesday

Time: 1:00 pm – 3:00 pm

Format: Hybrid

Duration: 12 Weeks/Sessions

Moral Reconation Therapy (MRT) Men's

Facilitator: Emma Segura, MA, LPC- George Martinez, MA, LPCC

Day: Wednesday

Time: 5:30 pm – 7:00 pm

Format: In-Person Only

Duration: 15 Weeks/Sessions

Moral Reconation Therapy (MRT) Women's

Facilitator: Emily Martinez, BA, CAS, George Martinez, MA, LPCC

Day: Tuesday

Time: 5:00 pm – 7:00 pm

Format: In-Person Only

Duration: 15 Weeks/Sessions

Motivation to Change

Facilitator: Sharon Mondragon, MA, LPC, LAC

Day: Tuesday

Time: 3:00 pm – 5:00 pm

Format: Hybrid

Duration: 12 Weeks/Sessions

Positive Psychology: How to Achieve Happiness

Facilitator: Tim Davis, MA, LPC, LAC

Day: Friday

Time: 10:00 am – 12:00 pm

Format: In-Person Only

Duration: 26 Weeks/Sessions

Relationships in Recovery

Facilitator: Jenna Holloway, MS (Telehealth Only)

Day: Tuesday

Time: 5:30 pm – 7:30 pm

Format: Hybrid

Duration: 12 Weeks/Sessions

Relapse Prevention

Facilitator: Sharon Mondragon, MA, LPC, LAC

Day: Wednesday

Time: 1:00 pm – 3:00 pm

Format: Hybrid

Duration: 12 Weeks/Sessions

Relapse Prevention Spanish Speaking

Facilitator: Ted Lawrence, MS, LPC, LAC, Interpreter Juan Martinez

Day: Wednesday

Time: 1:00 pm – 3:00 pm

Format: Hybrid

Duration: 21 Weeks/Sessions

SMART Recovery

Facilitator: Shannon Cervantes, PEER

Day: Wednesday 11:30 am – 1:00 pm, Friday 1:00 pm – 3:00 pm

Time: Wednesday 11:30 am – 1:00 pm, Friday 1:00 pm – 3:00 pm

Format: Hybrid

Duration: 12 Weeks/Sessions

Strategies for Self-Improvement and Change (SSIC)

Facilitator: George Martinez, MA, LPCC

Day: Thursday

Time: 5:00 pm – 7:00 pm

Format: Hybrid

Duration: 20 Weeks/Sessions

Think Wise Co-Occurring

Facilitator: Amanda Hasenack, MA, LPCC, LAC

Day: Monday

Time: 4:00 pm – 6:00 pm

Format: Hybrid

Duration: 10 Weeks/Sessions