

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: Monday, (Men) 6:00 PM – 8:00 PM, Thursday, (Women) 3:00 PM – 5:00 PM

Format: In-Person Only

Duration: 8 Weeks/Sessions

Anxiety and Worry

Facilitator: Jessica Escobar, BA, CCS

Day: Wednesday 6:00 PM – 8:00 PM

Format: Hybrid

Duration: 10 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

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

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) Group

Facilitator: Erica Palacio MA, LPCC, LAC

Day: Tuesday

Time: 2:00 PM – 4:00 PM

Format: Hybrid

Duration: 12 Weeks/Sessions

Fentanyl Education

Facilitator: Erica Palacio, MA, LPCC, LAC

Day: 2nd Tuesday of every month 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

Illness Management and Recovery (IMR) - Starting March 4, 2026

Facilitator: Emily Martinez, BA, CAS

Day: Wednesday

Time: 10:00 AM – 11:30 AM

Format: In-Person Only

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 Reconciliation 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 Reconciliation 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: Monday 10:00 AM – 12:00 PM, Friday 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

1) Facilitator: Sharon Mondragon, MA, LPC, LAC

Day: Wednesday

Time: 1:00 PM – 3:00 PM

Format: Hybrid

Duration: 12 Weeks/Sessions

2) Facilitator: Brandy Hendrix BS, CAS

Day: Friday

Time: 10:00 AM – 11:30 AM

Format: Hybrid

Duration: 12 Weeks/Sessions

SMART Recovery

Facilitator: Shannon Cervantes, Peer

Day: 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