

## 2026 OBH Group Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Positive Psychology 10:00 am – 12:00 pm Tim Davis Group Room A In-Person Only 26 Weeks Group # 667	DBT Meets the 12-Steps 8:00 am – 10:00 am Emma Segura Group Room A/ Hybrid 26 Weeks Group # 552	Hopeful Living 10:00 am – 11:30 am Laura Hall Group Room A In-Person Only Ongoing Group # 789	Finding Hope after Grief and Loss 10:00 am – 12:00 pm Tim Davis Group Room D/ Hybrid 12 Weeks Group # 501	Adult Competency Restoration 9:00 am – 10:00 am Alexis Group Room A/ Hybrid Ongoing Group # 544
<b>GROUP ON HOLD</b> Helping Women Recover 11:00 am – 1:00 pm Teri White Group Room D/ Hybrid 21 Weeks Group # 705	<b>GROUP ON HOLD</b> Fentanyl Education 10:00 AM – 12:00 PM Erica Palacio Group Room A/ Hybrid 2 <sup>nd</sup> Tuesday Every Month Group # 743	Illness Management and Recovery (IMR) 11:00 am – 12:00 pm Emily Martinez Group Room D In-Person Only 12 – 24 Weeks Group # 769	Creative Expressions for Mindfulness 11:00 am – 12:30 pm Brandy Hendrix/ Teri White Group Room A <b>In-Person Only</b> 12 Weeks Bi-Weekly Group # 792/ 793	Women's Healing Trauma 9:00 am – 11:00 am Erica Palacio Group Room B/ Hybrid 12 Weeks Group # 706
Adult Competency Restoration 1:00 pm – 2:00 pm Alexis Group Room C/ Hybrid Ongoing Group # 584	DBT Skills 1:00 pm – 3:00 pm DBT Team Group Room D <b>In-Person Only</b> 26 Weeks Group # 243	Advanced Risk Reduction (FCBS) 11:30 am- 1:00 pm Dr. Megan Chandler Jessica Espinoza Group Room D In-Person Only Ongoing Group # 785	Writing to Thrive 1:00 pm – 2:30 pm Emily Martinez/ Jessica Espinoza Group Room A/ Hybrid 12 Weeks Group # 798	Relapse Prevention 10:00 am – 11:00 am Brandy Hendrix Group Room E/ Hybrid 12 Weeks Group # 774
Helping Men Recover 1:00 pm – 3:00 pm Jevin Jordan Group Room A/ Hybrid 21 Weeks Group # 672	<b>GROUP ON HOLD</b> Men's Exploring Trauma 2:00 pm – 4:00 pm Erica Palacio Group Room B/ Hybrid 12 Weeks Group # 707	SMART Recovery 11:30 am – 1:00 pm Shannon Cervantes Group Room A/ Hybrid 12 Weeks Group # 547	<b>GROUP ON HOLD</b> Fentanyl Education 2:00 PM – 4:00 PM Erica Palacio Group Room B/ Hybrid 4 <sup>th</sup> Thursday Every Month Group # 744	Positive Psychology 10:00 am – 12:00 pm Tim Davis Group Room A In-Person Only 26 Weeks Group # 673
Risk Factors (FCBS) 2:30 pm – 4:00 pm Dr. Megan Chandler Group Room D In-Person Only 4 <sup>th</sup> Monday Every Month Ongoing Group # 448	Motivation to Change 3:00 pm – 5:00 pm Sharon Mondragon Group Room A/ Hybrid 12 Weeks Group # 5	Relapse Prevention 1:00 pm – 3:00 pm Sharon Mondragon Group Room A/ Hybrid 12 Weeks Group # 16	Advanced GAB 3:00 pm – 4:30 pm Desiree Autobee Shannon Cervantes Group Room A/ In-Person Only 52 Weeks Group # 697	Emotional Well-Being/Acudetox 11:30 am – 1:00 pm Emily Martinez Shannon Cervantes Group Room D In-Person Only 12 Weeks Group # 671

Current as of 4/29/2026

**2026 OBH Group Schedule**

<p>Think Wise Co-Occurring 5:00 pm – 7:00 pm Amanda Hasenack Group Room B/ Hybrid 10 Weeks Group # 3</p>	<p>Women’s MRT 5:00 pm – 7:00 pm Emily Martinez/ George Martinez Group Room C In-Person Only Up to 15 Weeks Group # 8</p>	<p>Mind Over Mood 1:00 pm – 3:00 pm George Martinez Group Room D/ Hybrid 12 Weeks Group # 202</p>	<p><b>GROUP ON HOLD</b> <b>Anger Management MRT</b> <b>Women Only</b> <b>3:00 pm – 5:00 pm</b> <b>George Martinez/ Jenna Holloway</b> <b>Group Room C</b> <b>In-Person Only</b> <b>8 Weeks</b> <b>Group # 740</b></p>	<p>SMART Recovery 1:00 pm – 3:00 pm Shannon Cervantes Group Room D/ Hybrid 12 Weeks Group # 699</p>
<p>Self-Esteem and Self-Compassion 5:30 pm – 7:00 pm Jessica Escobar Group Room C/ Hybrid 8 Weeks Group # 805</p>	<p>Relationships in Recovery 5:30 pm – 7:30 pm Jenna Holloway Group Room B/ Hybrid 12 Weeks Group # 436</p>	<p>Anger Management 3:00 pm – 5:00 pm Teri White Group Room A/ Hybrid 10 Weeks Group # 10</p>	<p>SSIC 5:00 pm – 7:00 pm George Martinez Group Room D/ Hybrid 20 Weeks Group # 6</p>	<p>Mindfulness 1:00 pm – 3:00 pm Teri White Group Room A/ Hybrid 8 Weeks Group # 9</p>
<p>Anger Management MRT Men Only 6:00 pm – 8:00 pm George Martinez Group Room A In-Person Only 8 Weeks Group # 736</p>	<p>Positive Psychology 6:00 pm – 7:30 pm Tim Davis Group Room A In-Person Only 26 Weeks Group # 800</p>	<p>Juvenile Competency 4:30 pm – 5:30 pm Alexis Group Room C/ Hybrid Ongoing Group # 409</p>		
		<p>Early Recovery Skills 5:00 pm – 6:30 pm Erica Palacio Group Room E/ Hybrid 10 Weeks Group # 14</p>		
		<p>Men’s MRT 5:30 pm – 7:00 pm Emma Segura/ George Martinez Group Room A In-Person Only Up to 15 Weeks Group # 64</p>		
		<p>Anxiety and Worry 6:00 pm – 8:00 pm</p>		

Current as of 4/29/2026

**2026 OBH Group Schedule**

		Jessica Escobar Group Room B/ Hybrid 10 Weeks Group # 300		
--	--	--	--	--