


Mon	Tue	Wed	Thu	Fri
29	30 Behavioral Health Groups  February, 2018.	31	1 Weight Loss/Healthy Living Ed. & Support Group (TAPER) 4:00 – 5:00 p.m. Education & Support Group for Women (TAPER) 9:00-10:00 a.m. Spanish speaking	2 Yoga Group (TAPER) 12:00-1:00 p.m.
5 Women's Trauma Group (WAC) 5:00 – 6:30 p.m. Spanish speaking	6 Men's Process Group (BEVERLY) 3:30 – 5:00 p.m. Basic Skills (TAPER) 4:00 – 5:00 p.m. Mindfulness Group (TAPER) 5:15 – 6:00 p.m.	7 Women's Trauma Group (WAC) 5:00 – 6:30 p.m. Spanish speaking NEW! Seeking Safety/Women (WAC) 3:00-4:00pm Women's Support Group (TAPER) 4:00-5:30	8 Weight Loss/Healthy Living Ed. & Support Group (TAPER) 4:00 – 5:00 p.m. Education & Support Group for Women (TAPER) 9:00-10:00 a.m. Spanish speaking	9 Yoga Group (TAPER) 12:00-1:00 p.m.
12 Women's Trauma Group (WAC) 5:00 – 6:30 p.m. Spanish speaking	13 Men's Process Group (BEVERLY) 3:30 – 5:00 p.m. Mindfulness Group (TAPER) 5:15 – 6:00 p.m.	14 Women's Trauma Group (WAC) 5:00 – 6:30 p.m. Spanish speaking NEW! Seeking Safety/Women (WAC) 3:00-4:00pm Women's Support Group (TAPER) 4:00-5:30	15 Weight Loss/Healthy Living Ed. & Support Group (TAPER) 4:00 – 5:00 p.m. Education & Support Group for Women (TAPER) 9:00-10:00 a.m. Spanish speaking	16 Yoga Group (TAPER) 12:00-1:00 p.m.
19 	20 Men's Process Group (BEVERLY) 3:30 – 5:00 p.m. Mindfulness Group (TAPER) 5:15 – 6:00 p.m.	21 Women's Trauma Group (WAC) 5:00 – 6:30 p.m. Spanish speaking NEW! Seeking Safety/Women (WAC) 3:00-4:00pm Women's Support Group (TAPER) 4:00-5:30	22 Weight Loss/Healthy Living Ed. & Support Group (TAPER) 4:00 – 5:00 p.m. Education & Support Group for Women (TAPER) 9:00-10:00 a.m. Spanish speaking	23 Yoga Group (TAPER) 12:00-1:00 p.m.
26 Women's Trauma Group (WAC) 5:00 – 6:30 p.m. Spanish speaking	27 Men's Process Group (BEVERLY) 3:30 – 5:00 p.m. Mindfulness Group (TAPER) 5:15 – 6:00 p.m.	28 Women's Trauma Group (WAC) 5:00 – 6:30 p.m. Spanish speaking NEW! Seeking Safety/Women (WAC) 3:00-4:00pm Women's Support Group (TAPER) 4:00-5:30		