

VIRTUAL & IN-PERSON GROUP SCHEDULE

MONDAY	TUESDAY	WEDNESDAY Cont.	THURSDAY	FRIDAY Cont.
<p>10:15am WRAP/Distress Tolerance with Avenues (Crystal) In Person Open to Casa Pacific Clients Call Crystal (831) 768-8132 for info to join</p> <p>10:30am Stress and Anger Management with Mariposa Wellness Center (Jodie) Virtual using Zoom Open to County Mental Health Clients Call Jodie (831) 325-6724 for info to join</p> <p>11:00 am Check-in/Facing Your Fears with Opportunity Connection (Dagny) Virtual using Google Meet Open to Opportunity Connection Clients Call Dagny (831) 291-5321 for info to join</p> <p>1:00 pm Problem Solving with Opportunity Connection (Kayla) Virtual using Google Meet Open to Opportunity Connection Clients Call Dagny (831) 291-5321 for info to join</p> <p>3:00pm Transition to College with College Connection (Kayla) Virtual using Google Meet Open to Community Connection clients Call Kayla (831) 428-6977 for info to join</p> <p>3:30 PM Support Group with Family Partnership Virtual using Google Meet Open to Family Partnership clients Call Melody (831) 454-4961 for info to join</p>	<p>10:15 am Mindfulness & Independent Living Skills with Avenues (Crystal) In Person Open to Casa Pacific Clients Call Crystal (831) 768-8132 for info to join</p> <p>10:30 am Self Care with Mariposa Wellness Center In Person (by appt. only) Open to County Mental Health Clients Call Jodie (831) 325-6724 for info to join</p> <p>11:00 am Power of Positivity with Opportunity Connection (Melissa) Virtual on Google Meet Open to Opportunity Connection Clients Call Dagny (831) 291-5321 for info to join</p> <p>1:00 pm Coping Skills/Stress Management with Opportunity Connection (Dagny) Virtual using Google Meet Open to Opportunity Connection Clients Call Dagny (831)291-5321 for info to join</p>	<p>10:15 am Emotional Regulation and Goal Setting with Avenues (Crystal) In Person Open to Casa Pacific Clients Call Crystal (831) 768-8132 for info to join</p> <p>10:30 am Illness Management and Recovery with Pathways (Kelsey) Virtual on Google Meet Open to River St. Shelter Clients Call Shannon (831) 539-8174 for info to join</p> <p>10:30 am Bipolar Support with Mariposa Wellness Center Virtual on Zoom, by appt. only Call Jodie (831) 325-6724 for info to join</p> <p>11:00 am Healthy Relationships with Opportunity Connection (Kayla) Virtual on Google Meet Open to Opportunity Connection Clients Call Dagny (831) 291-5321 for info to join</p> <p>11:00 am Listos Emergency Planning with KC Virtual on Google Meet Open to County Mental Health Clients Call KC at (831) 425-8132 ext. 223 for info to join</p> <p>1:00 pm Healthy Connection Nutrition & Mental Health (Max) Virtual on Google Meet Open to County Mental Health Clients Call Max (831) 251-5954 for info to join</p>	<p>9:00 am Self Awareness with Opportunity Connection (Melanie) Open to Opportunity Connection Clients Virtual on Google Meet Call Dagny (831) 291-5321 for info to join</p> <p>10:15 Managing Mental Health Stability with Avenues (Maribel) Virtual on Zoom Open to Casa Pacific Clients Call Crystal (831) 768-8132 for info to join</p> <p>10:30 am Self Awareness with Mariposa Wellness Center In Person, by appt. only Call Jodie (831) 325-6724 for info to join</p> <p>11:00 am Symptom Management with Opportunity Connection (Melissa) Virtual on Google Meet Open to Opportunity Connection Clients Call Dagny (831) 291-5321 for info to join</p> <p>2:30 pm Creative Expressions with Pathways Virtual on Google Meet Open to Pathways Clients Call Shannon (831) 539-8174 for info to join</p>	<p>10:15 am Gardening, Art, & Cooking with Avenues (Crystal) In Person Open to Casa Pacific Clients Call Crystal (831) 768-8132 for info to join</p> <p>10:30 am Community Involvement with Mariposa Wellness Center In Person, by appt. only Open to County Mental Health Clients Call Jodie (831) 325-6724 for info to join</p> <p>11:00 am Mindfulness with Opportunity Connection (Kayla) Virtual on Google Meet Open to Opportunity Connection Clients Call Dagny (831) 291-5321 for info to join</p> <p>11:00 am Interview Tips & Tricks with Career Services (Cindie) Virtual on Google Meet Open to Community Connection Clients Call Cindie at (831)425-8132 ext. 206 for info to join</p> <p>1:00 pm Transition to School & Work During COVID Times with Prevention and Early Intervention (Ari) Virtual on Google Meet Open to County Mental Health Clients Call Max (831) 251-5954 for info to join</p> <p>3:00 pm Support Group with College Connection (Kayla) Virtual on Google Meet Open to College Connection Clients Call Kayla at (831) 428-6977 for info to join</p>
WEDNESDAY	THURSDAY	FRIDAY		
<p>9:00 am Anger Management with Opportunity Connection (Melanie) Virtual on Google Meet Open to Opportunity Connection Clients Call Dagny (831) 291-5321 for info to join</p> <p>10:00 am Starting and Keeping a Job with Career Services (Mark) Virtual on Google Meet Open to Community Connection Clients Call Mark at (831) 768-8132 ext. 310 for info to join</p>	<p>9:00 am Self- Care (Melanie) with Opportunity Connection Open to Opportunity Connection Clients Virtual on Google Meet Call Dagny (831) 291-5321 for info to join</p>	<p>9:00 am Self- Care (Melanie) with Opportunity Connection Open to Opportunity Connection Clients Virtual on Google Meet Call Dagny (831) 291-5321 for info to join</p>		