

VIRTUAL & IN-PERSON GROUP SCHEDULE

MONDAY

9:00 am Check-in/Leadership
with Opportunity Connection (Melissa)
Virtual on Google Meet
Open to Opportunity Connection Clients
Call Melissa (831) 325-1262 for info to join

9:15 Mindfulness/Coping Skills
with **Avenues** (Kelsey) In Person
Open to Casa Pacific Clients
Call Crystal (831) 768-8132 for info to join

10:15am Integrated Dual Disorder Treatment
with **Avenues** (Crystal) In Person
Open to Casa Pacific Clients
Call Crystal (831) 768-8132 for info to join

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

11:00 am Soft Skills
with Opportunity Connection (Natalie)
Virtual using Google Meet
Open to Opportunity Connection Clients
Call Dagny (831) 291-5321 for info to join

11:15 am Men's/Women's Group
with **Avenues** (Marcus/Kealani)
In Person
Open to Casa Pacific Clients
Call Crystal (831) 768-8132 for info to join

1:00 pm Problem Solving
with Opportunity Connection (Kayla)
Virtual using Google Meet
Open to Opportunity Connection Clients
Call Melissa (831) 325-1262 for info to join

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

MONDAY cont.

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

TUESDAY

9:00 am Coping with Voices
with Opportunity Connection (Shannon)
Virtual on Google Meet
Open to Opportunity Connection Clients
Call Melissa (831) 325-1262 for info to join

9:15 Mindfulness/Coping Skills
with **Avenues** (Crystal) In Person
Open to Casa Pacific Clients
Call Crystal (831) 768-8132 for info to join

10:15 am Emotional Processing and Expression with Avenues (Kelsey)
In Person
Open to Casa Pacific Clients
Call Crystal (831) 768-8132 for info to join

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

11:00 am Power of Positivity
with Opportunity Connection (Melissa)
Virtual on Google Meet
Open to Opportunity Connection Clients
Call Melissa (831) 325-1262 for info to join

11:15 am Stress and Anxiety with Avenues (Kealani)
In Person
Open to Casa Pacific Clients
Call Crystal (831) 768-8132 for info to join

TUESDAY cont.

1:00 pm Self Awareness
with Opportunity Connection (Kayla)
Virtual using Google Meet
Open to Opportunity Connection Clients
Call Melissa (831) 325-1262 for info to join

WEDNESDAY

9:00 am Anger Management
with Opportunity Connection (Natalie)
Virtual on Google Meet
Open to Opportunity Connection Clients
Call Melissa (831) 325-1262 for info to join

9:15 am Mindfulness/Coping Skills
with **Avenues** (Crystal) In Person
Open to Casa Pacific Clients
Call Crystal (831) 768-8132 for info to join

10:15 am Illness Management and Recovery
with **Avenues** (Kelsey)
In Person
Open to Casa Pacific Clients
Call Crystal (831) 768-8132 for info to join

10:30 am Bipolar Support
with **Mariposa Wellness Center**
Virtual on Zoom, by appt only
Call Jodie (831) 325-6724 for info to join

11:00 am Healthy Relationships
with Opportunity Connection (Kayla)
Virtual on Google Meet
Open to Opportunity Connection Clients
Call Melissa (831) 325-1262 for info to join

11:15 am Psycho-education
with **Avenues** (Marcus)
In Person
Open to Casa Pacific Clients
Call Crystal (831) 768-8132 for info to join

WEDS. Cont.

1:00 pm Healthy Connection Nutrition & Mental Health (Anne-Marie)
Virtual on Google Meet
Open to adults with mental health challenges
Call Anne-Marie (805)215-5694 for info to join

1:00 pm Art
with **Mariposa Wellness Center**
In Person (by appt. only)
Open to County Mental Health Clients
Call Jodie (831) 325-6724 for info to join

THURSDAY

9:00 am Coping Skills/ Stress Management
with Opportunity Connection (Shannon)
Open to Opportunity Connection Clients
Virtual on Google Meet
Call Melissa (831) 325-1262 for info to join

9:30 Morning Check-In
with **Avenues** (Maribel)
Virtual on Zoom
Open to Casa Pacific Clients
Call Crystal (831) 768-8132 for info to join

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

10:30 am Self Awareness
with **Mariposa Wellness Center**
In Person, by appt. only
Call Jodie (831) 325-6724 for info to join

11:00 am Symptom Management
with Opportunity Connection (Melissa)
Virtual on Google Meet
Open to Opportunity Connection Clients
Call Melissa (831) 325-1262 for info to join

FRIDAY

9:00 am Self-Care
with Opportunity Connection (Melissa)
Open to Opportunity Connection Clients
Virtual on Google Meet
Call Melissa (831) 325-1262 for info to join

9:30 Morning Check-In
with **Avenues** (Maribel)
Virtual on Zoom
Open to Casa Pacific Clients
Call Crystal (831) 768-8132 for info to join

10:15 am Peer Support
with **Avenues** (Kelsey) In Person
Open to Casa Pacific Clients
Call Crystal (831) 768-8132 for info to join

10:30 am Health Group
with **Mariposa Wellness Center**
In Person, by appt only
Open to County Mental Health Clients
Call Jodie (831) 325-6724 for info to join

11:00 am Mindfulness
with Opportunity Connection (Kayla)
Virtual on Google Meet
Open to Opportunity Connection Clients
Call Melissa (831) 325-1262 for info to join

11:15 am Coping Skills
with **Avenues** (Crystal)
In Person
Open to Casa Pacific Clients
Call Crystal (831) 768-8132 for info to join

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

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