

APRIL 2021

OC VIRTUAL GROUP SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 am Check-in/Leadership with Melissa</p>	<p>09:00 am Coping with Voices with Shannon</p>	<p>9:00 am Anger Management with Natalie</p>	<p>9:00 am Coping Skills/ Stress Management with Shannon</p>	<p>9:00 am Self- Care with Melissa</p>
<p>11:00 am Soft Skills with Natalie</p>	<p>11:00 am Power of Positivity with Melissa</p>	<p>11:00 am Healthy Relationships with Kayla</p>	<p>11:00 am Symptom Management with Melissa</p>	<p>11:00 am Mindfulness with Kayla</p>
<p>1:00 pm Problem Solving with Kayla</p>	<p>1:00 pm Self Awareness with Kayla</p>	<p>1:00 pm Healthy Connection Nutrition & Mental Health with Max</p>		<p>Phone Numbers: If interested call: Melissa Watkins 831-325-1262</p>

Virtual groups are accessible via phone. Individual counseling is also available.