

# SPRING CONNECT GROUPS

## Monday

9:00am

### Peer Recovery Group

Dawn Fiorello  
9:30-10:30am

10:00am

### Life Skills

Diego Laverde  
10:00-11:00am

11:00am

### Virtual Book Club

Whitney Coulson  
11:00am-12:00pm

12:00pm

1:00pm

### H.A.L.T. (Relapse Prevention)

Dawn Fiorello  
1:00-2:00pm

2:00pm

3:00pm

### Anger Management

Katerine Ribadeneria  
3:00-4:00pm

4:00pm

5:00pm

## Tuesday

### Peer Recovery Group

Dawn Fiorello  
9:30-10:30am

### Current Events (Chinese)

Shirley Xie  
11:00am-12:00pm

### Activities to Calm Anxiety & Stress

Sammie Woo  
1:00-2:00pm

## Wednesday

### Bilingual Socialization (Chinese & English)

Shirley Xie  
11:00am-1:00pm

### Chinese Music Group

Shirley Xie  
1:00-2:00pm

### Peer Recovery Group

Dawn Fiorello  
3:00-4:00pm

## Thursday

### Peer Recovery Group

Dawn Fiorello  
9:30-10:30am

### Resume Building

Piercelia Jackson  
10:00-11:00am

### H.A.L.T. (Relapse Prevention)

Dawn Fiorello  
1:00-2:00pm

### Nutrition & Health

Patty Karbowski  
2:00-3:00pm

### Expression through Art

Shanell Kitt  
3:00-4:00pm

## Friday

### Peer Recovery Group

Dawn Fiorello  
9:30-10:30am

### Life Skills

Diego Laverde  
10:00-11:00am

### Healthy Relationships

Whitney Coulson  
11:00am-12:00pm

### Fresh Food Friday

Food Pantry Registration Required  
11:00am-3:00pm