



CONNECT
Health & Wellness Program

SUPPORT GROUPS

40 Montgomery Street

Mondays

Meditation, 9:30 - 10 a.m.

Life Skills, 10 - 11 a.m.

Relapse Prevention, 11 a.m. - Noon

*Anger Management, 2 - 3 p.m.

Thursdays

Recovery Group, 10 - 11 a.m.

Resume Building, 10 - 11 a.m.

Double Trouble, 1 - 2 p.m.

Self Expression Through Art, 3 - 4 p.m.

Tuesdays

Current Events (Chinese), 11 a.m. - Noon

*Spanish Speaking Group, 11 a.m. - Noon

*Spanish Health & Wellness, 11 a.m. - Noon

Fridays

Life Skills, 10 - 11 a.m.

Healthy Relationships, 11 a.m. - Noon

Music & Emotional Expression, 2 - 3:30 p.m.

Fresh Food Friday (Bi-Weekly)

Wednesdays

Dancing Group (Chinese), 10 - 11 a.m.

Ceramics, 10 a.m. - 1 p.m.

Bilingual Socialization (Chinese & English),
11 a.m. - 1 p.m.

*Processing Grief, Noon - 1:15 p.m.

Chinese Music Group, 1 - 2 p.m.

Ping Pong, 2 - 4 p.m.

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MORE INFO

CONTACT



*Requires Intake Appointment

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