

Outpatient Group Offerings (effective 1/4/21)

Due to COVID 19 precautions, we are NOT conducting any groups in person at this time, we will be offering the follow webex groups.

Virtual Groups via webex:

You do not need to sign up for an account, it is free. Participants may join:

1. By computer, (visit webex.com come then click join meeting and enter access code and password)
2. By phone (audio only) Dial the number then punch in the access code and password
3. By Free smartphone app. (Webex Meeting-with the blue, green and white circle icon) You do not need to sign up for an account, click on join meeting and enter in the access code and password

Group Offerings

What: Staying in Recovery with Mark Sherry, LMSW

Recovery maintenance group to increase ability to manage risky situations and stabilize a member's lifestyle through changes in behavior. Incorporates mindfulness skills

Where: <https://cphospital.webex.com/cphospital/j.php?MTID=m911352c9c4a4adb673ba7b8f1b957e1d>

When: Every Monday, 5:30pm to 6:30pm

- **Meeting number (access code) : 177 886 3449**
- **Meeting password: Mark**
- **To join by phone dial: 1-415-655-0003**

What: Coping Skills with Heather Ashenbrenner, LMHC (IOP 1)

Psychoeducational group to develop skills in mindfulness, distress tolerance, interpersonal effectiveness and emotion regulation.

Where: <https://cphospital.webex.com/cphospital/j.php?MTID=m95bc97a689a3ccb4da8be1bcfef57468>

When: Every Monday, 2:00pm to 3:00pm

- **Meeting number (access code): 177 278 0039**
- **Meeting password: coping**
- **To join by phone dial: 1-415-655-0003**

What: Self Exploration through Writing with Heather Ashenbrenner, LMHC

The act of writing is creative and personal. To express emotions and to memorialize experiences with pen and paper is a powerful way to strengthen the process of recovery, to clear the mind, and to bring order to the chaos of the disease of addiction.

Where: <https://cphospital.webex.com/cphospital/j.php?MTID=mf0422d84a5ec35155f79f165da69510c>

When: Every Tuesday, 9:00am to 10:00am

- **Meeting number (access code): 133 966 0104**
- **Meeting password: Sage**
- **To join by phone dial: 1-415-655-0003**

What: Wellness with Keira Hession, LMHC

Psychoeducational group to understand the connection between mental health symptoms and substance use patterns, and to discuss healthy coping skills to maintain wellness throughout recovery.

Where: <https://cphospital.webex.com/cphospital/j.php?MTID=m63f4314fe0dfab6d4dbfacb12e25143e>

When: Every Tuesday, 2:00pm to 3:00pm

- **Meeting Number:** 177 548 2698
- **Meeting Password:** well
- **To join by phone dial:** 1-415-655-0003

What: Recovery Group with Heather Aschenbrenner, LMHC (IOP 2)

Combination of psychoeducation and interpersonal processing along with mindfulness-based relapse prevention. Activities, discussion and education.

Where: <https://cphospital.webex.com/cphospital/j.php?MTID=m7c16cc3d2edd90af6de0062fbf7353d0>

When: Every Wednesday, 2:00pm to 3:00pm

- **Meeting number (access code):** 809 849 842
- **Meeting password:** Sage
- **To join by phone dial:** 1-415-655-0003

What: Anger Management with Samantha Green CASAC-T

Experiential group to increase the ability to recognize and respectfully express frustration and resolve conflict

Where:

<https://cphospital.webex.com/cphospital/j.php?MTID=m19c6573240c92461b94026d826d7ad37>

When: Every Thursday, 9:00am to 10:00pm

- **Meeting Number: (access code):** 177 299 1605
- **Meeting password:** anger
- **To join by phone dial:** 1-415-655-0003

What: Emotional Management with Rachel Skelly CASAC-G CPP (IOP 3)

Where: <https://cphospital.webex.com/cphospital/j.php?MTID=mb1f76372eb69c83b4b46faeb82d3cde0>

When: Every Thursday, 2:00pm to 3:00pm

- **Meeting number (access code):**133 261 2531
- **Meeting password:** feelings
- **To join by phone dial:** 1-415-655-0003

What: Expressive Therapy with Sherry Ryan, LMHC (IOP 4)

Multimodal approach to therapy which may incorporate writing, drama, dance, movement, painting, and/or music to help create new healthy patterns in life, to build resilience, and meet challenges.

Where: <https://cphospital.webex.com/cphospital/j.php?MTID=mee79999811a6ef9e58a688ddb4e8300e>

When: Every Friday, 2:00pm to 3:00pm

- **Meeting number (access code):** 133 230 2214
- **Meeting password:** ExpressTx
- **To join by phone dial:** 1-415-655-0003