

Keep It Real!

Harm Reduction Services - Group Schedule

| Mondays | | |
|-----------------------------------|---|-------|
| 9:30- 10:30 | Village Live/Harm Reduction (in Person) | Lisa |
| 9:30- 10:45 Starting Jan 3 | Seeking Safety | Pablo |
| Tuesdays | | |
| 9:30-10:45 | Create New Meaning | Pablo |
| Wednesdays | | |
| 9:30-10:45 | Harm Reduction/Keep it Real! | Pablo |
| 12-1pm | Double Trouble Recovery--In Person | Lisa |
| Thursday | | |
| 9:30-10:45 | Hear Your Decisions | Pablo |
| Friday | | |
| 10:00-11:00 | Double Trouble Recovery--In Person | Lisa |
| 9:30-10:45 Starting Jan 7 | Symptom Management | Neil |

Seeking Safety: Establishing internal and external safety in relationships, behaviors, and emotions.

Communication: Learn what your limits are and speak your truth. Skills in this group will address such topics as healthy boundaries and relationships, using interpersonal effectiveness skills from various evidenced based practice approach to negotiating, strategizing, asserting, speaking your truth and how to listen in the world of complicated communication.

Harm Reduction: We keep it real because no one size fits all. Some people want to be abstinent, some people do not. We accept all people where they are and provide evidenced based and sophisticated skills for whatever choice you make in relationship to substance use. You do not have change anything!

Soul-utions: All about self-determination. What do you want for your life and how are you going to get there?

Evidenced-based practice skills to problem-solve your way to your goals and examining what gets in the way.

Create New Meaning (CBT): How to re-frame thoughts and perceptions and experiment with new behaviors and sharing new discoveries based on new experiences in the group and how to observe and shift without invalidating feelings.

Symptom Management: Talk and learn substances, and concerns about interactions between substances and medications and self-advocacy with psychiatrist regarding concerns. This group provides education about neuroplasticity and brain recovery from substances use and opportunities to share and provide mutual information and education within the group.

Zoom Meeting Log on

| | Group ID | Password | |
|-------|--------------|----------|-------------------|
| Pablo | 636-774-9100 | 151204 | 831-676-3715 x520 |
| Lisa | 999-877-9706 | 444444 | 831-676-3715 x703 |
| Neil | 566-099-2714 | 546664 | 831-676-3715 x708 |