If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.

Co-Occurring groups are designed for JCMH clients who are struggling with mental health and substance abuse issues. To attend a group, contact your therapist for a referral. Changes can occur in group schedules, so please contact Central Navigation for the most updated listing of current groups.

**Families Supporting Recovery**  
Offered via Zoom Video | 4th Tuesday of the Month, from 4:30pm to 6pm  
Facilitator: Cherisse McNaughton-Balzano, MA, LPC, LAC, NCC, BC-TMH

- This group is for family members and friends who are supporting a loved one who is recovering from a substance use disorder. The group will focus on understanding substance use disorders, the recovery process, and a road map for change. We will discuss how loved ones can best support someone in recovery.
- This group is open to folks who are 18+ with all insurance, except Medicare. Both active clients with the center as well as loved ones (don’t need to be active clients), are welcome to join.

**Women’s Seeking Safety**  
Offered via Zoom Video  
Thursdays, 10am – 11:30 am | Facilitator: Kathryn Barnes & Kassandra Trujillo  
Thursdays, 11am-12:30pm | Facilitators: Autumn Mooney, LPC, LAC, EMDR-T & Megan Keith, LPC, LAC

- Seeking Safety is a skills-based group focused on helping clients manage current symptoms because of trauma, substance use, or self-harming behavior.

**Helping Women Recover (Women Only)**  
Offered via Zoom Video | Thursdays, 12:30 pm - 2:00pm  
Facilitator: Jamie Finkelstein LPC, LAC

**Co Occurring Skills-Self in Process**  
Offered via Zoom Video | Mondays 2pm-3:30pm  
Facilitators: Sophia Yelenick, LPC & Charles Depaolo

- Co-Occurring Skills is a co-occurring group to support clients in identifying and stabilizing their recovery efforts.
- This 8-week group includes developing a more in-depth understanding of oneself in recovery and covers identifying triggers, cravings, and cues, the neurobiology of addiction, self-care, exploring how mental health and substance use are related, and skill building.

**Intensive Outpatient Program (IOP) SUD**  
Independence Group: Offered via Zoom Video | Mondays, Tuesdays, & Fridays, 8am-11am | Facilitator: Ashleigh Sheldon  
West Colfax Group: Offered via Zoom Video | Tuesdays, Wednesdays, & Thursdays 3pm-6pm | Facilitator: Ariana Boggs, LSW & LAC

- Matrix-Modeled IOP/SUD 3x per week substance use group. Recovery skills, food and diet, social skills, self-esteem, mental health education, and DBT elements.