

HOPES BEHAVIORAL HEALTH GROUPS

Updated 3/8/22

Group	Eligibility	Notes	Days
Connections 2022	Open to all HOPES patients. *Drop-ins welcome*	<ul style="list-style-type: none"> • Virtual via GoToMeeting • 60 minutes in length • Offered weekly 	Wednesdays 1:00 pm-2:00 pm *Contact Barb Frey or Kristie Baker*
Early Recovery Skills	Open to all HOPES patients seeking recovery from substance use.	<ul style="list-style-type: none"> • In person • 60 minutes in length • 8-week series, one group session per week • <i>This series is mandatory for all new MAT patients</i> <p>*Some flexibility on case by case basis*</p>	Mondays 5:30 pm-6:30pm *Contact Kayla Shannon*
LatinX Group	Open to all Spanish speaking HOPES patients.	<ul style="list-style-type: none"> • In Person • 60 minutes in length • Offered weekly 	Tuesdays 3:00 pm-4:00 pm *Contact Raquel Ramirez or Marcela F.*
Gaining Ground Currently on HOLD	Open to all HOPES patients. *Must commit to full eight-week series*	<ul style="list-style-type: none"> • In Person • 75 minutes in length • 8-week series, two group sessions per week 	Tuesdays & Wednesdays 4:00 pm-5:15 pm *Contact Shawna Silva*
Mindful Movement Group	Open to all Behavioral Health and/or MAT patients. <i>*This is a yoga-based group, dress accordingly*</i>	<ul style="list-style-type: none"> • In Person • 60 minutes in length • Offered weekly 	Thursdays 10:00 am-11:00 am *Contact Kayla Shannon*
Peer Recovery Group	Open to all HOPES patients seeking recovery from substance use.	<ul style="list-style-type: none"> • In Person • 60 minutes in length • Offered twice weekly 	Fridays 10:00 am-11:00 am *Contact Grace Thompson*
Recovery Warriors	Open to all MAT patients who have 9+ months in recovery.	<ul style="list-style-type: none"> • In Person • 60 minutes in length • Offered once a week 	Tuesdays 5:00 pm-6:00 pm *Contact Kayla Shannon*
Life Skills	Open to all MAT patients.	<ul style="list-style-type: none"> • In Person • 60 minutes in length • Offered once a week 	Tuesdays 5:30 pm-6:30 pm *Contact Grace Thompson*
Recovering from Alcohol Dependence	Open to all Behavioral Health and MAT patients	<ul style="list-style-type: none"> • In Person • 60 minutes in length • Offered weekly 	Wednesdays 6:00 pm-7:00 pm *Contact Grace Thompson*

	with an alcohol use disorder.		
Recovery Thursdays	All HOPES patients seeking recovery from substance use. *Drop-ins welcome*	<ul style="list-style-type: none"> • In Person • 60 minutes in length • Offered weekly 	Thursdays 5:30 pm-6:30 pm *Contact Danica Pierce*
Women Recovering Hope	This group is for women seeking recovery from substance use.	<ul style="list-style-type: none"> • In Person • 60 minutes in length • Offered weekly 	Wednesdays 5:30 pm-6:30 pm *Contact Danica Pierce*
Living with Grief and Loss (closed group)	Open to established HOPES Behavioral Health patients or referrals from BHI.	<ul style="list-style-type: none"> • In Person • 60 minutes in length • Offered weekly 	Wednesdays 12:00 pm-1:00 pm *Contact Paulina Connelly or Kayla Shannon*
Families Recovering Hope	Open to family members of established MAT Patients. Patient must give consent for family to attend.	<ul style="list-style-type: none"> • In person • 60 mins • 4 week series, once per week 	Wednesdays 5:30-6:30 *Contact Sandy Boxx to register

***Out of respect for those seeking recovery from substance use, please do not attend groups while under the influence of any substances.**