



**PEER FACILITATED GROUPS**

<u>Group Name</u>	<u>Frequency</u>	<u>Location</u>	<u>Peer / Team</u>
Art Group	Every Wednesday 11:00 AM - 1:00 PM	Waterford	Kathy Barber - CSM C Jacob Pietrzak - CSM F
CMT (Community Maintenance & Thriving)	Every Tuesday 1:00 PM - 3:00 PM	Waterford	Kelly Cary - CSM D Diane Tige - CSM F
Food Education	Every Monday 12:30 PM - 2:30 PM	Pontiac	Jordan Shulman - CSM Y Brroke Westbrooke - CMS R
Free To Be Me Group (LGBTQI) (Open to the community and Consumers)	4th Wednesday of every month 12:30 PM - 2:30 PM	West Bloomfield Jewish Community Center	Kara Elias - CSM H
MRT (Moral Reconation Therapy) Group	Every Thursday 11:00 AM - 1:00 PM	Waterford	Chastity Miller- CSM D William White - CSM J
Recovery Dialouge Group	Every Wednesday 12:00 PM - 2:00 PM	Pontiac	Cheryl LaFleur - CSM B
Tobacco Education & Recovery (Smoking Cessation)	Every Thursday 12:30 PM - 2:30 PM	Pontiac	Jordan Schulman - CSM Y Brooke Westbrook - CSM R
Tobacco Education & Recovery (Smoking Cessation)	Every Monday 12:00 PM - 2:00 PM	Southfield	Kara Elias - CSM H Kathryn Hess - CSM H
WHAM Support Group	Every Monday 12:00 PM - 2:00 PM	Waterford	Kathy Barber - CSM C Keith Robinson - CSM C
Women's Group	2nd and 4th Fridays 11:30 AM - 1:00 PM	Grace Chapel Church	Amy Douglas - CSM K Kathryn Hess - CSM H
Women's Group	Every Tuesday 11:00 AM - 1:00 PM	Waterford	Diane Tige - CSM F
WRAP Group	Every Monday 12:30 PM - 2:30 PM	Pontiac	Jordan Schulman - CSM Y Brooke Westbrook - CSM R

**PEER/CSM CO-FACILITATED GROUPS**

<u>Group Name</u>	<u>Frequency</u>	<u>Location</u>	<u>Peer / Team</u>
YAP Group	Every Monday 12:00 PM - 4:00 PM	Retro Fitness/Pontiac	Tabatha Mc Farland - CSM C Keith Robinson - CSM C
YAP Group	Every Thursday 11:00 AM - 2:00 PM	Community	Tabatha Mc Farland - CSM C Keith Robinson - CSM C

### ACT GROUPS

<u>Group Name</u>	<u>Frequency</u>	<u>Location</u>	<u>Peer / Team</u>
Community Integration	Every Monday 12:00 PM - 2:00 PM	Community	DeUndra Fuller, CPSS - IDDT/ACT R
Coping Skills & Substance Abuse Group	Every Wednesday 12:00 PM - 1:30 PM	Waterford	Gwen Goldsmith-Williams - ACT X
Managing Your Emotions	Every Friday 1:00 PM - 2:30 PM	Community	Cassandra Ramus, LLMSW- IDDT/ACT R
Recovery Group	Every Tuesday 1:00 PM - 2:30 PM	Community	Kevin May, LPC, CAADC – IDDT/ACT R Laura Moore, LBSW, CADC - IDDT/ACT R
Wellness Group	Every Wednesday 1:00 PM - 2:30 PM	Community	Kristin Kentros, RN - IDDT/ACT R Sheila Ellout, LBSW, CADC-M IDDT/ACT R
Wellness/Walking Group	Every Monday 12:00 PM - 1:00 PM	Waterford	Yolanda Cunningham - ACT X
WRAP Group	Every Friday 12:30 PM - 1:45 PM	Waterford	Yolanda Cunningham - ACT X

### CSM GROUPS WATERFORD/PONTIAC

<u>Group Name</u>	<u>Frequency</u>	<u>Location</u>	<u>Peer / Team</u>
FPE (Family Psychoeducation)	Every Monday 3:00 PM - 4:30 PM	Waterford	Jill Ettema - CSM J Andrea Studaker - CSM B
YAP	Every Monday and Thursday 1:00 PM-2:30 PM	Community	Tabatha Mc Farland - CSM C Keith Robinson - CSM C

### CSM NOVI/SOUTHFIELD

<u>Group Name</u>	<u>Frequency</u>	<u>Location</u>	<u>Peer/Team</u>
Art Group	Every Thursday 12:00 PM - 2:00 PM	Grace Chapel Church	Lynette Johnson and George Fettig
YA Coping Skills	Bi-Weekly/Tuesdays from 1:00 PM - 2:30 PM	Southfield	Kara Elias - CSM H Kimberly Edwards - CSM H

### CLUBHOUSE FACILITATED GROUPS

Group Name	Frequency	Location	Staff
Education Group*	Every Friday 1:30 PM	Visions Clubhouse	Trevor Warner
Exercise Group*	Daily 9:30 AM - 9:45 AM	Visions Clubhouse	Clubhouse Member Leaders
Job Club Group*	Every Monday 2:30 PM	Visions Clubhouse	April Kidd
Movie*	Bi-Monthly 2:30 PM - 3:30 PM	Visions Clubhouse	
Walking Group*	Daily 12:45 PM - 1:00 PM	Visions Clubhouse	Clubhouse Member Leaders
Wellness Group*	Every Friday 2:30 PM	Visions Clubhouse	
*Open to Clubhouse Members Only			

### DROP IN CENTER GROUPS

<u>Group Name</u>	<u>Frequency</u>	<u>Location</u>	<u>Peer/Team</u>
Beads/Art	Every Thursday 2:00 PM - 3:00 PM	Comfort Zone	Volunteer
Game Day	Every Friday 1:30 PM - 2:30 PM	Comfort Zone	Volunteer
Music Day	First and last Tuesday 12:30 PM - 1:30 PM	Comfort Zone	Volunteer
Wellness Wednesdays	Every Wednesday 1:30 PM - 2:30 PM	Comfort Zone	Volunteer

### THERAPY GROUPS - WATERFORD

<u>Group Name</u>	<u>Frequency</u>	<u>Location</u>	<u>Peer/Team</u>
Anxiety Group	Every Monday 1:00 PM	Waterford	Henry Adams
DBT Group*	Every Friday 10:00 AM	Waterford	Tatyana Gassell
DBT Group*	Every Friday 1:00 PM	Waterford	Tatyana Gassell
Life Skills Group	Every Wednesday 1:00 PM	Waterford	Stephany Elliot
Life Skills Group	Every Thursday 10:00 AM	Waterford	Charles Haynes
Life Skills Group	Every Thursday 2:00 PM	Waterford	Charles Haynes
Life Skills Group	Every Friday 10:00 AM	Waterford	Charles Haynes
SA Precontemplation Group	Every Monday 12:00 PM	Waterford	Deborah Danton
Trauma Recovery	Every Wednesday 3:00 PM	Waterford	Stephany Elliot
TREM	Every Wednesday 1:00 PM	Waterford	Stephany Elliot

\* DBT Groups are only open to consumers who are enrolled in the DBT Program

### THERAPY GROUPS - NOVI

<u>Group Name</u>	<u>Frequency</u>	<u>Location</u>	<u>Peer/Team</u>
DBT Group*	Every Wednesday 10:00 AM	Novi	Tatyana Gassel
DBT Group*	Every Wednesday 1:00 PM	Novi	Tatyana Gassel
Life Skills Group	Every Monday 11:30 AM	Novi	Stephany Elliot
SA Action Group	Every Monday 2:00 PM	Novi	Stephany Elliot
SA Precontemplation Group	Every Tuesday 1:00 PM	Novi	Brian Fitzgerald

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### THERAPY GROUPS - PONTIAC

<u>Group Name</u>	<u>Frequency</u>	<u>Location</u>	<u>Peer/Team</u>
Anger Group	Every Monday 1:00 PM	Pontiac	Alisha Coleman
Early Recovery Group	Every Friday 2:00 PM - 3:30 PM	Pontiac	Deborah Danton
SA Precontemplation Group	Every Monday 2:00 PM	Pontiac	Alisha Coleman