



Weekly Group Schedule

	9:00am - 10:30am	10:30am - 12:00pm	12:00pm - 1:30pm
Monday	Psychoeducation Johna Eatherton, MS, LMFT	Presentation Group Jenni Hall, RAC	Movement-Based Coping Skills
Tuesday	Stop the Chaos Regulation Strategies Maatisak Gipson MA, LCSW	Dialectical Behavior Therapy Maatisak Gipson MA, LCSW	Movement-Based Coping Skills
Wednesday	Somatic Therapy Whitnee Verdi MA, CSLC, CLC	Socio-Emotional Learning / Breathwork Whitnee Verdi MA, CSLC, CLC	Creative Solutions Jenni Hall, RAC
Thursday	Acceptance and Commitment Therapy Maatisak Gipson MA, LCSW	Cognitive Behavioral Therapy Maatisak Gipson MA, LCSW	Movement-Based Coping Skills
Friday	Psychoeducation Johna Eatherton, MS, LMFT	Healing through Music Milton Jackson BA, MBA	Movement-Based Coping Skills