



**S Y N E R G Y**  
COUNSELING CENTER

**Weekly Schedule**  
STARTS JANUARY 3RD, 2022

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>MORNING</b>	<p><b>Positive Psychology</b> 9:30-11:00am <i>Riley</i></p> <p><b>Process Group</b> 11:00am-12:30pm <i>Riley</i></p>	<p><b>Mindfulness for Addiction</b> 9:30-11:00am <i>Kristal</i></p> <p><b>Process Group</b> 11:00am-12:30pm <i>Kristal</i></p>			<p><b>Healthy Relationships</b> 9:30-11:00am <i>Lacey</i></p> <p><b>Process Group</b> 11:00am-12:30pm <i>Lacey</i></p>
<b>AFTERNOON</b>				<p><b>Shame Resilience</b> 1:00-2:30pm <i>Kristal</i></p> <p><b>Process Group</b> 2:30-4:00pm <i>Kristal</i></p>	<p><b>Recovery Maintenance &amp; Coping Skills</b> 1:00-2:30pm <i>Mackenzie</i></p> <p><b>Process Group</b> 2:30-4:00pm <i>Mackenzie</i></p>
<b>EVENING</b>	<p><b>Search for Growth</b> 5:30-7:00pm <i>Elizabeth</i></p> <p><b>Process Group</b> 7:00-8:30pm <i>Elizabeth</i></p>	<p><b>SMART Recovery &amp; Friends &amp; Family Support Groups</b> 5:30-6:30pm <i>Dan/Mark</i></p>	<p><b>DBT Skills</b> 5:30-7:00pm <i>Jennifer</i></p> <p><b>Process Group</b> 7:00-8:30pm <i>Jennifer</i></p>	<p><b>Search for Purpose</b> 5:30-7:00pm <i>Karen</i></p> <p><b>Process Group</b> 7:00-8:30pm <i>Karen</i></p>	