



SYNERGY
COUNSELING CENTER

Weekly Schedule

STARTS March 01, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING		DBT Skills 9:30-11:00am <i>Kristal</i> Process Group 11:00am-12:30pm <i>Kristal</i>	Attachment 9:30am-11:00am <i>Morgan</i> Process Group 11:00am-12:30pm <i>Morgan</i>	Recovery Maintenance & Coping Skills 9:30-11:00am <i>Mackenzie</i> Process Group 11:00am-12:30pm <i>Mackenzie</i>	Connections (Shame Resilience) 9:30-11:00am <i>Rhonda</i> Process Group 11:00am-12:30pm <i>Rhonda</i>
AFTERNOON					
EVENING	CBT Skills 5:30-7:00pm <i>Mackenzie</i> Process Group 7:00-8:30pm <i>Mackenzie</i>	SMART Recovery & Friends & Family Support Groups 5:30-6:30pm <i>Dan/Matt/Rhonda</i>	Coping Skills 5:30-7:00pm <i>Olivia</i> Process Group 7:00-8:30pm <i>Olivia</i>	Healthy Relationships 5:30-7:00pm <i>Rose</i> Process Group 7:00-8:30pm <i>Rose</i>	

Support Group Descriptions

SMART Recovery

SMART Recovery meetings are an alternative support to traditional AA and NA meetings. SMART Recovery’s roots are based on a scientific foundation rather than a spiritual one. SMART recovery teaches increased reliance as opposed to powerlessness. SMART Recovery meetings are support group discussion meetings in which individuals talk with one another. SMART Recovery works to enhance and maintain motivation to abstain, cope with urges, manage thoughts, feelings, and behaviors, and living a balanced life.

SMART Recovery Friends & Family

This group is open to family members of active clients in the program at Synergy Counseling Center and is free of charge. The group provides education on addiction and how to set healthy boundaries with loved ones in recovery. The group will host valuable information on helping families cope with addiction and offers support and open discussion among the group members.