

# Weekly Schedule

**UPDATE EFFECTIVE May 20, 2026**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MORNING</b>	<b>Process Group</b> 9:30-11:00am <i>Molly</i>  <b>Coping Skills</b> 11:00am-12:30pm <i>Molly</i>	<b>DBT Skills</b> 9:30-11:00am <i>Kristal</i>  <b>Process Group</b> 11:00am-12:30pm <i>Kristal</i>	<b>Attachment</b> 9:30am-11:00am <i>Stephanie</i>  <b>Process Group</b> 11:00am-12:30pm <i>Stephanie</i>	<b>Recovery Maintenance &amp; Coping Skills</b> 9:30-11:00am <i>Mackenzie</i>  <b>Process Group</b> 11:00am-12:30pm <i>Mackenzie</i>	<b>Healthy Relationships</b> 9:30-11:00am <i>Julie</i>  <b>Process Group</b> 11:00am-12:30pm <i>Julie</i>
<b>AFTERNOON</b>					<b>SMART Recovery Support Group</b> 12:30-1:30pm <i>Abby/Mark</i>
<b>EVENING</b>	<b>CBT Skills</b> 5:30-7:00pm <i>Mackenzie</i>  <b>Process Group</b> 7:00-8:30pm <i>Mackenzie</i>	<b>SMART Recovery &amp; Friends &amp; Family Support Groups</b> 5:30-6:30pm <i>Dan/Matt/Rhonda</i>	<b>The Space Between Us</b> 5:30-7:00pm <i>Julie</i>  <b>Process Group</b> 7:00-8:30pm <i>Julie</i>	<b>Mind &amp; Body Connection</b> 5:30-7:00pm <i>Stephanie</i>  <b>Process Group</b> 7:00-8:30pm <i>Stephanie</i>	<b>Weekend Wellness</b> 5:30-7:00pm <i>One of Your Favorite Group Facilitators!</i>  <b>Process Group</b> 7:00-8:30pm <i>One of Your Favorite Group Facilitators!</i>

## SMART 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.

## Education Class & Group Description

### **Attachment**

In attachment class we will take a look at our first ever attachment, our parents. Throughout the class we will focus on identifying emotionally immature parents, parenting styles, and how all of that affects our attachment styles and how we handle situations as adults. We will also look into building emotional maturity ourselves along with a more secure attachment style. Through psychoeducation and a deep dive into the book "Adult Children of Emotionally Immature Parents" I hope to help you gain a better understanding of your struggles with core loneliness and attachment styles.

### **CBT (Cognitive Behavior Therapy)**

Cognitive behavioral therapy is a short-term, goal-oriented psychotherapy treatment that takes a hands-on, practical approach to problem-solving. Its goal is to change patterns of thinking or behavior that are behind people's difficulties, and so change the way they feel. CBT uses a variety of cognitive and behavioral techniques, but it isn't defined by its use of these strategies. We do lots of problem solving and we borrow from many psychotherapeutic modalities, including dialectical behavior therapy, acceptance and commitment therapy, Gestalt therapy, compassion focused therapy, mindfulness, solution focused therapy, motivational interviewing, and positive psychology.

### **Coping Skills**

Learning about coping skills and creating our coping skills toolbox is an essential part to recovery. This class will equip participants with a variety of coping skills from various therapeutic modalities to be utilized in times of stress and struggle to help support and bolster their recovery. New skills will be presented each week with opportunities to practice as well as process through how the skill may be best utilized in specific situations and areas of life.

### **DBT (Dialectical Behavior Therapy) Skills**

DBT skills class utilizes a combination of psychoeducation, personal reflection, discussion, open sharing, and feedback to provide clients with opportunities to learn and explore the four key skills of Dialectical Behavior Therapy: Distress Tolerance, Mindfulness, Emotional Regulation, and Interpersonal Effectiveness. These skills can help manage overwhelming emotions by strengthening clients' ability to handle distress without losing control or acting destructively and to better regulate their emotional responses. class materials consist predominantly of Dialectical Behavior Therapy resources by DBT developer Marsha Linehan.

### **Healthy Relationships**

This class is designed to help clients learn & apply tools for establishing & nurturing interpersonal relationships that support positive growth as individuals as well as with partners, family, peers, etc. Additional themes include getting to know yourself better through personality assessments. Knowing ourselves can help us connect better with others. Discover the difficulties you have with bonding & separating from others, sorting out the issues of good & bad, & learn new ways to take charge of your life.

### **Mind & Body Connection**

We are biopsychosocial beings — our emotions and physical health are inseparable. Yet how often do doctors ask how you *feel* beneath the surface? In this in-depth class, we will explore how our emotions drive addiction, trauma, disease, and loneliness, and discover somatic interventions that reconnect mind and body. Mind and body unity is not just a concept — it's who you are. *Join us and begin to see yourself in a whole new way.*

### **Recovery Maintenance & Coping Skills**

Focusing on building and developing a life and toolbox that supports not using, this class is designed to help clients focus on recovery and worry less about relapse while maintaining a healthy respect for its risks. Group members will learn tools and strategies each week that will add to a well-rounded recovery plan focused on living well rather than in fear. This includes preparing for the possibility of a slip or relapse but also includes good things like self-care, social and family support, and fun. This class will also provide a variety of positive strategies to be utilized in times of stress and struggle.

### **The Space Between Us – A journey from silence to solidarity:**

The Space Between Us is a 12-week group designed to help participants move from isolation to connection by exploring the shame stories that keep us hidden—and the relationships that help us heal. Rooted in the work of Brené Brown and the science of social connection, this group offers space to reflect, speak truth, and rebuild trust in ourselves and others.

Through guided activities, storytelling, and community-based practices, we'll learn to show up with more honesty, empathy, and courage. Together, we practice belonging—not by fixing ourselves, but by witnessing each other. In this circle, recovery becomes less about going it alone, and more about choosing to heal with each other.

### **Weekend Wellness**

Weekend Wellness is a supportive and empowering IOP group designed to help clients head into the weekend feeling grounded, prepared, and connected. Held on Friday afternoons, this group focuses on equipping clients with practical tools to navigate common weekend challenges, such as increased triggers, unstructured time, or emotional ups and downs, while also fostering self-awareness, resilience, and intention. Through a blend of psychoeducation, skills practice, group discussion, and strengths-based reflection, Weekend Wellness encourages clients to design a weekend that supports their recovery, mental health, and personal growth.

### **Process Group (Group Therapy)**

Process groups are group counseling sessions designed to promote healthy living and recovery through discussion, personal disclosure, and interpersonal interaction within the group to explore problems and seek solutions for healthier decision-making and emotional wellness.