

ENTERPRISE RESOURCE CENTER

2015 Fall Schedule

MONDAYS:

10am – 11am Meditation Group w/Dave Moss (2nd and 4th Mondays)
11am – 12pm IMPROV Group w/Michael Dunne
12:30pm - 1pm Smoke Busters! In the LRAC Room
1pm – 2pm Women of Courage w/Michele Stewart (Dual Diagnosis Group
for women ONLY)
2pm – 3pm Process Group

TUESDAYS:

12pm – 1pm Managing Voices & Negative Thoughts w/Robin Buccheri (2nd Tues.
of the month)
1pm – 2pm Women's Support Group
2pm - 3pm Process Group
6pm - 8pm Life Skills Group w/ Martina Bedar (2nd and 4th Tues. of each month
starting Oct. 13th)
6pm – 8pm NAMI Family Support Group (2nd and 4th Tues. of each month)

WEDNESDAY:

11am-12:30pm PEER COMPANIONS
1pm – 3:30pm Computer Tutorials w/Peer Counselor
1:30pm – 2:30pm Dual Diagnosis Group w/Jeanie Little, LCSW (4th Wed. of each month)
2:00pm – 3:00pm Process Group (the 4th Wed. of the month at 2:30pm)
3pm – 4pm "Groups Made Easy" w/Terry Fierer (3rd Wed of month)
6pm – 8pm DBSA (Depression Bipolar Support Alliance) w/ Ona Weizmann

THURSDAYS:

10am-11am Nutrition Class w/ USF Student Nurses
10am -11am Seeking Safety (starting October 15th)
11am – 12pm Drama Therapy
12pm – 1pm WRAP Group w/Leah and Marisa (orientation Oct. 1st w/start date Oct. 15th)
1pm - 2pm Dual Diagnosis Group w/Alex Markels
2pm – 3pm Process Group
7pm - 8:30pm NAMI English/ Spanish Bi lingual Family Support Group (1st and 3rd Thurs
of the month)

FRIDAYS:

10am – 11am Movement Group with Anna Webb called "Movement Makes You Happy!"
2pm – 3pm Process Group
3pm – 4pm WRITE-ON Group with Matt Kratoville in the LRAC Room

**NOTE: M-F a bilingual advocate, Esmeralda Garcia is available by appointment: CALL 415-526-7525.
One-on-one Peer Counseling available by appointment: CALL 415-721-2234
Crisis Planning with Seth Friedrich by appointment: CALL 415-306-3289**

SATURDAYS:

12noon – 1pm Process Group
1pm - 4pm Art Group w/Marisa in the LRAC Room
Movie in Group Room

SUNDAYS:

1pm – 2pm Process Group
2pm - 3pm DRA Group (Dual Recovery Anonymous) 9/23/15

Website: camentalhealth.net

(415) 457-4554

9am to 4pm M-F and 10am to 4pm Sat. & Sun.

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