

\*As of 8/01/2011

# Lee Mental Health

## Outpatient Therapy Group Schedule

\*\*All clients new to OPT must have an intake appointment prior to starting any group.

Please give client the OPT referral sheet and OPEN ACCESS schedule.\*\*

| Day & Time  | Group Focus                                       | Location           |
|---|---|--------------------|
| <b>Monday</b>   |   |                    |
| 10:00 am - 11:00 am - Women's Group (Bethaney)                    | Increasing coping skills for women                | Ortiz - Bldg. H-10 |
| 11:00 am - 12:00 pm - Co-Ed Adults Overcoming Anxieties (Tiffany) | Co-Ed Adults Anxiety & Panic Attacks              | Ortiz - Bldg. H-10 |
| 1:00 pm - 2:00 pm - PTSD Group (Katina)                           | Seeking Safety Adult Women                        | Ortiz - Bldg. H-9  |
| 4:00 pm - 5:00 pm - Kid's Group (Kate)                            | Interactive group for kids 10 and under           | Ortiz - Bldg. H-8  |
| <b>Tuesday</b>  |   |                    |
| 2:00 pm - 3:00 pm - Women's Group (Tiffany)                       | "Strength Finders" for women with depressive Sx's | Ortiz - Bldg. H-10 |
| 3:00 pm - 4:00 pm - Adult Group Cape Coral (Norm)                 | Men's process group in Cape Coral                 | Cape Coral         |
| 3:00 pm - 4:00 pm - Teen's Group (Kate)                           | Interactive group for teens ages 15 and up        | Ortiz - Bldg. H-10 |
| 3:30 pm - 4:30 pm - Transitions Group (Bethaney)                  | Young adults ages 18-30 Transition to adulthood   | Ortiz - Bldg. H-9  |
| 4:00pm - 5:00 pm - Nurturing Parent/Child Group (Tiffany)         | Preschoolers & Parent (3,4,5 yr olds and parent)  | Ortiz - Bldg. H-8  |
| <b>Wednesday</b>  |   |                    |
| 10:00 am - 11:00 am - Accelerated Healing Group (Bethaney)        | Co-ed Adults/The Natural Healing Process          | Ortiz - Bldg. H-10 |
| 1:30 pm - 2:30 pm - Adult Women's group (Bethaney)                | Building Health Relationships & Boundaries        | Ortiz - Bldg. H-9  |
| 2:00 pm - 3:00 pm - Adults Anger Management (Norm)                | Structured Anger Management Curriculum            | Ortiz - Bldg. H-10 |
| 4:00 pm - 5:00 pm - Kids group (Kate)                             | Ages 10 and under                                 | Ortiz - Bldg. H-8  |
| 5:00 pm - 6:30 pm - DUI Group (Norm)                              | DUI referred clients only                         | Ortiz - Bldg. H-10 |
| <b>Thursday</b>   |   |                    |
| 1:30 pm - 2:30 pm - Co-Occuring Group (Bethaney)                  | For Adults wth mental health & substance abuse    | Ortiz - Bldg. H-9  |
| 2:00 pm - 3:00 pm - Men's Issues (Norm)                           | Adult Men's Issues                                | Ortiz - Bldg. H-10 |
| 4:00 pm - 5:00 pm - Tween group (Kate)                            | Interactive group for teens 11-14                 | Ortiz - Bldg. H-9  |
| 4:00 pm - 5:00 pm - Tween group (Julie)                           | Interactive group for teens 11-14                 | Ortiz - Bldg. H-8  |
| 4:00 pm - 5:00 pm - Open Adult Co-ed Group (Norm)                 | Process Group for Adult Issues                    | Ortiz - Bldg. H-10 |
| <b>Friday</b>   |   |                    |
| 11:00 am - 12:00 pm - Parent Education (Kate)                     | Parent Education                                  | Ortiz - Bldg. H-10 |
| 11:00 am - 12:00 pm - Women's Group (Tiffany)                     | Developing Self-Strength, Lifting Depression      | Ortiz - Bldg. H-9  |
| 1:30 pm - 2:30 pm - Women's Group (Leya)                          | Building Healthy Relationships & Boundaries       | Cape Coral         |
| 2:00 pm - 3:00 pm - Men's Group (Tim) Self-pay only               | Adult Men's Issues                                | Ortiz - Bldg. H-10 |