

March 2019

WELLNESS GROUPS



Together Anything is Possible

Monday	Tuesday	Wednesday	Thursday	Friday
MAT Available on Mondays with John Joseph ARNP *By appointment only 1-5 pm		MAT Available on Wednesdays with Dr. Navarro *By appointment only 9-11 am		MAT Available on Fridays with Lidice Rankin ARNP *By appointment only 1-4 pm
				1 Spanish: Recovery Skills Group 10 am
4 Spanish WHAM: 10-11:30 English WHAM: *Call* Crystal Meth Support Group 2pm	5 Nutrition Group: *Call* Recovery Skills Group STOPP/AIMS 1pm	6 Recovery Skills Group STOPP/AIMS 1pm	7 Recovery Skills Group STOPP/AIMS 1 pm	8 Spanish: Recovery Skills 10 am
11 Spanish WHAM: 10-11:30 English WHAM: *Call* Crystal Meth Support Group 2pm	12 Nutrition Group: *Call* Recovery Skills Group STOPP/AIMS 1pm Trans Support Group 6pm	13 Recovery Skills Group STOPP/AIMS 1pm	14 Recovery Skills STOPP/AIMS 1 pm	15 Spanish: Recovery Skills Group 10 am
18 Spanish WHAM 10-11:30 English WHAM: *Call* Crystal Meth Support Group 2pm	19 Nutrition Group: *Call* Recovery Skills Group STOPP/AIMS 1pm	20 Recovery Skills Group STOPP/AIMS 1pm	21 Lunch & Learn 12pm Recovery Skills Group STOPP/AIMS 1pm	22 Spanish: Recovery Skills Group 10 am
25 Spanish WHAM: 10-11:30 English WHAM: *Call* Crystal Meth Support Group 2pm	26 Nutrition Group: *Call* Recovery Skills Group STOPP/AIMS 1pm Trans Support Group 6pm	27 Recovery Skills Group STOPP/AIMS 1pm	28 Recovery Skills Group STOPP/AIMS 1pm	29 Spanish: Recovery Skills Group 10 am



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Group Locations and Contact info:

Nutrition: 100 N.E. 38th St., Unit 5 Contact: Alexandra Rodriguez or Silvana Vasquez, 305-576-1599 ext.1810 or 3217

Recovery Skills & Relapse Prevention: 3601 Federal Hwy 3rd floor, Mainsite: Krystyna Manso or Waleska Perez, 305-576-1599 ext. 3127 or 3128

Spanish - Recovery Skills & Relapse Prevention: 100 N.E. 38 St., Unit 5 Contact: Rafael Cabrera, 305-576-6611 ext. 1726

Whole Health Action Management (WHAM): 3601 Federal Highway, 3rd Floor Main Site Contact: Sam Kedem or Beatriz Oller, 305-576-1599 ext. 1805 or 1806

Mind/Body Wellness Group and Smoking Cessation: 3601 Federal Highway, 3rd Floor Main Site. Contact: Glory Ann Zapata 305-576-1599 ext. 1803

Transgender Support Group: 100 N.E. 38 St., Unit 5 Contact: Waleska Perez or Joval Valdivia, 305-576-1599 ext. 3128 or 3113

Lunch & Learn: 3601 Federal Highway, 3rd Floor, Main Site Contact:, Juan Soto 305-576-6611 ext. 3243

Meditation/Mindfulness: 3601 Federal Hwy 3rd floor, Mainsite: Carmen Pineiro ext. 3117

To schedule an appointment for Medication Assisted Treatment (MAT) or Intensive Outpatient (IOP) Contact Rosalie Cruz at ext. 1808