

## Service Member Behavioral Health – Group Therapy

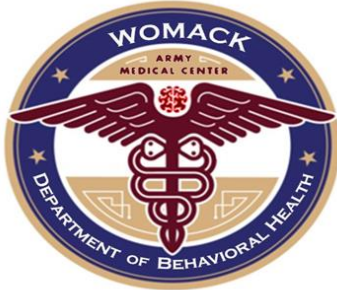
### BH GROUPS AT THE WHSC: (910) 907-6825

**MINDFULNESS GROUP:** TUE 1300

**RESILIENCE 101,** THU 0900, Open to E-4s and under

**S.E.L.F.:** For women survivors of sexual trauma.

### GROUP WORKS!



### SUDCC GROUPS AT THE WHSC – (910) 907-6825

**ACTION:** TUE 1300; THU 1300

**WOMEN'S GROUP:** TUE 1300

**SENIOR LEADER AFTERCARE:** TUE 1400

**AFTERCARE:** TUE 1400; THU 1500

**SENIOR LEADER:** WED 1300

**ALPHA STIM:** THU 1400

**CO-OCCURRING:** FRI, 1300

**PRE-CONTEMPLATIVE:** FRI 1300

### SUDCC GROUPS AT CLARK OBH – (910) 908-5786

**PATHWAYS TO CHANGE:** (Pre-contemplative to Contemplative) TUE & THU 1400

**ROAD MAPPING GROUP** (Action/Maintenance): TUE & WED, 1300



### BH & SUDCC GROUPS AT ROBINSON OBH – (910) 907-9486

**ORIENTATION GROUP:** 1100 on TUE, WED & THU

**SLEEP GROUP:** TUE 0900

**6S/ARCT/SKILLS GROUP:** WED 1300

**PRE-CONTEMPLATIVE (SUDCC):** MON 1300 & 1400; TUE 1300, THU 1500, & WED 1400

**AFTERCARE (SUDCC):** THU, 1300

### BH & SUDCC GROUPS AT WEST LIBERTY OBH – (910) 432-1464

**PRE-CONTEMPLATION (SUDCC):** TUE 1300

**AFTERCARE (SUDCC):** TUE 1400

**CONTEMPLATIVE (SUDCC):** WED 1300

**PRE-CONTEMPLATIVE (SUDCC):** WED 1400

**SKILLS GROUP:** THU, 1300

**SOBER SUPPORT MEETING SCHEDULE:** AA Meetings: WED & FRI 1200, SMART Recovery: THU 0800

### BH & SUDCC GROUPS AT EAST LIBERTY OBH - (910) 908-5358/5322

**ORIENTATION BRIEF:** MON, TUE, & WED 0800

**ALPHA CORE GROUP:** WED 0900

**TOOLKIT GROUP:** WED 1400 (beginning Jan 2024 group will meet on THU, 1000)

**PATHWAYS GROUP:** WED 1300 & THU 1400

**AFTERCARE GROUP:** THU 1300



**For more information, please contact the POC at the respective clinic.**