



SAFETY NET GROUP SCHEDULE

Monday: Relapse Prevention Group (In Person) 1pm-3:15pm

Tuesday: Self-Management Group (In Person) 6pm-8:15pm

Wednesday: Mindfulness Group (In Person) 10am-12:15pm

Thursday: DBT Skills Group (**Telehealth***) 4pm-5:30pm

Friday: Seeking Safety Group (In Person) 1pm-3:15pm

In Person Location: 800 A Street, San Rafael

Outpatient / Recovery Services:

Your group and individual counseling schedule is based on your assessment, treatment needs, and recommendations from your primary counselor.

Intensive Outpatient (IOP):

IOP includes a higher level of treatment and requires more frequent participation. To meet DHCS and level-of-care requirements, clients attend 4 groups + 1 individual counseling session per week



EXPLORE OUR GROUP TOPICS

Relapse Prevention

Learn how to identify triggers, manage cravings, build coping skills, and create a plan to support long-term recovery.

Self-Management

Focus on building healthy routines, managing stress, setting goals, and making choices that support your recovery and overall well-being.

Mindfulness

Practice skills to stay present, slow down racing thoughts, manage stress, and respond to difficult emotions in a healthier way.

DBT Skills

Learn practical tools for managing emotions, handling stress, improving relationships, and making more effective choices.

Seeking Safety

A supportive group focused on building safety, coping with trauma and substance use, and developing healthier ways to manage difficult experiences.