

Client Support Groups – Downtown



Monday			
Time	Group	Location	Facilitator
8–9 a.m.	Stress Reduction Group	1st-floor group room 1	<i>Deirdre Hoey</i>
9–10 a.m.	Alumni Group	1st-floor group room 2	<i>Clients with staff support from the addictions team</i>
2–3:15 p.m.	Mindfulness with Art	1st-floor group room 1	<i>Johanna Galat</i>

Tuesday			
Time	Group	Location	Facilitator
9–10 a.m.	Second Opinion Group	1st-floor group room 2	<i>Celena Hoey</i>
11:45 a.m.–1 p.m.	B'More Housing for All (Client Advocacy Group)	1st-floor group room 2	<i>Malcolm Williams</i>
1–2:15 p.m.	Stress Reduction Yoga	3rd-floor group room B	<i>Deirdre Hoey</i>

Everyone deserves to go home.

421 Fallsway
Baltimore, MD 21202
phone: 410-837-5533
fax: 410-837-8020
www.hchmd.org
[@hchomeless](https://twitter.com/hchomeless)

<u>Wednesday</u>			
Time	Group	Location	Facilitator
8–9 a.m.	Stress Reduction Group	1st-floor group room 1	<i>Karen Ross Taylor</i>
9-10 a.m.	Anger Management Group	1st-floor group room 2	<i>Terrie Free-Storrer</i>
10–10:45 a.m.	Bridge Group	1st-floor group room 1	<i>Clementine Alford and Caitlin Synovec</i>
11 a.m.–12 p.m.	How to Apply for Benefits Group	3rd-floor group room B	<i>Erica Brown and Eva Hendriz-Shovlin</i>
1–2 p.m.	Grupo de Apoyo para los Hispanohablantes	Primer piso cuarto 1	<i>Lilian Amaya</i>
2–3:15 p.m.	Mindfulness with Art	1st-floor group room 1	<i>Gretchen Tome</i>

<u>Thursday</u>			
Time	Group	Location	Facilitator
9–10 a.m.	Quit Smoking through Stress Reduction	1st-floor group room 2	<i>Haley Crony</i>

<u>Friday</u>			
Time	Group	Location	Facilitator
1–2:15 p.m.	Stress Reduction Yoga	3rd-floor group room B	<i>Deirdre Hoey</i>