

USS Group Schedule

Day of the Week	Monday	Wednesday	Thursday	Friday	Saturday
Week 1		7pm-9pm DBT Practice Group (2hrs)	7pm-9pm CBT Practice Group (2hrs)	7pm-9pm Early Postpartum Dad Support Group (2hrs)	12pm-2pm Early Postpartum Mom Support Group (2hrs)
Week 2	7pm-9pm My Narrative – The Father Group	7pm-9pm The Aware Caregiver Group (2hrs)	7pm-9pm The Aware Partner Group (2hrs)	7pm-9pm Healing Racial Trauma Group (2hrs)	12pm-2pm My Narrative – The Person Group (2hrs)
Week 3	7pm-9pm My Narrative – The Mother Group	7pm-730pm DBT Practice Process Group (30mins) 730pm-8pm CBT Practice Process Group (30 mins) 8pm-9pm Holistic Mental Wellness – Social Health Group (1hr)	7pm-730 Postpartum Dad Process Group (30mins) 730pm-8pm Postpartum Mom Process Group (30 mins)	7pm-9pm Healing Intergenerational Trauma Group (2hrs)	12-2pm Uniquely Me Group (2hrs)
Week4		7pm-730pm The Aware Caregiver Process Group (30mins) 730pm-8pm The Aware Partner Process Group (30mins) 8pm-9pm Holistic Mental Wellness – Physical Health (1hr)	7pm-730pm Healing Racial Trauma Process Group (30mins) 730pm-8pm Uniquely Me Process Group (30mins)	7pm-730pm Healing Intergenerational Trauma Process Group (30mins) 730pm-8pm My Narrative- The Person Process Group (30 mins) 8pm-830pm Holistic Mental Wellness Process Group (30 mins)	12pm-1230pm My Narrative – The Mother Process Group (30mins) 1230pm-1pm My Narrative – The Father Process Group (30 mins)

****Timings are in Eastern Standard Time****