

New group starts Jan 2023 – Tuesdays

Tuesdays, 12:00 – 1:00 pm

January 24, 2023 – December 12, 2023

Melrose Conference Center, UIHC

Months 1-6

Jan 24, 31

Feb 7, 14, 21, 28

March 7, 14, 21, 28

April 4, 11, 18, 25

May 2, 9, 16, 30

June 13, 27

Months 7-12

July 11, 25

Aug 8, 22

Sep 5, 19

Oct 3, 17

Nov 7, 28

Dec 12

New group starts Jan 2023 - **Wednesdays**

Wednesdays, 5:30 – 6:30 pm
January 25, 2023 – December 13, 2023
2nd floor Conference Rm, CRWC

Months 1-6

Jan 25

Feb 1, 8, 15, 22

March 1, 8, 15, 22, 29

April 5, 12, 19, 26

May 3, 10, 17, 31

June 14, 28

Months 7-12

July 12, 26

Aug 9, 23

Sep 6, 20

Oct 4, 18

Nov 8, 29

Dec 13