

**HERITAGE OAKS HOSPITAL  
SUPPORT GROUPS.**

**\*\*All group members must be out of the building NO LATER THAN 8:45pm\*\*  
All members must sign in and MUST WEAR VISITOR BADGE.**

MEETING	TIME	LOCATION	CONTACT	PHONE
<b>MONDAY</b>				
S/A Group	7:00 – 8:30 PM	Group Rm, B Outpatient Ctr	Bud Golsong	(916) 944-4120
Recovery Inc.	6:30 – 8:30 PM	Rm 101 Outpatient Ctr	Richard	(916) 962-0758
American River Area Narcotics Anonymous	6:30 – 8:30 PM	Lunch Room Outpatient Ctr.	Pam Wiese	(916) 928-9374
<b>TUESDAY</b>				
Adult Aftercare (HOH Group)	3:15 – 4:45PM	Rm. 101 Outpatient Ctr.	Mare Brooks	(916) 830-1258
		Rm. 103D Outpatient Ctr.		
Addiction /Codependency Counseling	5:30 – 6:45PM	Rm .101 Outpatient Ctr	Stan,CADC,NCAC	(916) 501-3241
Addiction/Codependency Counseling	7:00 – 8:15PM	Rm. 101 Outpatient Ctr.	Stan CADC,NCAC	(916) 501-3241
Group Art Therapy	5:30 – 7:30PM	Rm. 101B Outpatient Ctr.	Patti Wallace	(209) 986-1673
		Group Rm B, Outpatient Ctr.		
<b>WEDNESDAY</b>				
Gamanon (friends/family members only)	7:00 – 8:30 pm	Group Rm B, Outpatient Ctr.	Tom	(916) 421-5126
OA Group	7:00 - 8:30 pm	Rm 101 Outpatient Ctr	Dawn Cooney	(916) 484 - 6048
<b>THURSDAY</b>				
Big Book Study Group	7:30 – 8:30PM	Lunch Room Outpatient Ctr.	Eric	(916) 849-6272
Addiction /Codependency Counseling	5:30 – 6:45PM	Rm.101 Outpatient Ctr	Stan CADC,NCAC	(916) 501 - 3241
Addiction/Codependency Counseling	7:00 – 8:15PM	Rm 101 Outpatient Ctr	Stan CADC,NCAC	(916) 501 - 3241
		Group Room B, Outpatient Ctr.		
Group Art Therapy	5:30 – 7:30PM	Rm 101B Outpatient Ctr.	Patti Wallace	(209) 986-1673
		Rm 103D Outpatient Ctr.		
<b>FRIDAY</b>				
Co-Dependent Anonymous (Women Only)	7:00 - 8:30 pm	Rm. 101 Outpatient Ctr.	Jane Fowler	(916) 459-7176
<b>SATURDAY</b>				
<b>SUNDAY</b>				
Adult Children of Alcoholics	12:00 – 1:30pm	Rm. 101 Outpatient Ctr..	Shelly	(916) 203-5999
Co-Dependent Anonymous	2:00 - 3:30 pm	Rm. 101 Outpatient Ctr.	Janna	(916) 847-8269

Address: Medical Office Building @ 4300 Auburn Blvd, Sacramento, Ca. 95814

Please contact Bill at 830-2239 to confirm name and contact phone number---we must have this information on each group. Additionally, please make sure that if you have re-arranged the meeting room you take time to arrange it back to its original configuration prior to leaving. Failure to do so my result in loss of meeting space.