



Coastal Carolina Neuropsychiatric Center

Adult Group Options

Autism Spectrum Disorders (ASD)
(All ASD groups are Doxy only)-Tanya

High Functioning ASD Independent Living Skills
18 – 27yo Monday 5 to 5:45pm

Adult Life and ASD
Ages 28-37 All genders Wednesday 3:00-3:45pm

Trauma/PTSD, Abuse and Domestic Violence Recovery Group-
Dr. Hobby (In Jacksonville office and Doxy permitted) Tuesday at 12 to 12:45pm
Olivia B (In Jacksonville office and Doxy permitted) Fridays 1015-11am starting 9/6

Mindfulness and Self-Compassion Group for Adults
(In Jacksonville office and Doxy permitted)
Wednesdays 10:15am Olivia C

Adult Female Counseling Group-
Dr. Sarubbi (In Jacksonville office only)
Wednesday 1 to 1:45pm
& 2 to 2:45pm
Olivia B (In Jacksonville office only) Tuesdays 1pm starting 9/3
Tanya (Doxy only) Mondays 10:00am-10:45 starting 9/23

Young Adults Counseling Group-Ryan
(In Jacksonville office and Doxy permitted)
18-24yo males and females; Tuesday at 11:45am

Hopeful Sunflowers: Adult Grief Counseling Group
Audrey (In MHC office and Doxy) Tuesdays 10:15-11am

Parenting Group
Olivia B/Tanya (In Jacksonville office and doxy permitted)
Thursdays 11:45-12:30pm

Substance Use Groups
Monday at 9am via Doxy with Tanya
Monday at 9am in person with Dr. Hobby
Tuesday at 5pm via Doxy with Tanya
Wednesday at 9am via Doxy with Tanya
Wednesday at 4pm Every other week in person in MHC with Susan