



## *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 and Doxy permitted) Tuesdays 1pm starting 9/3**

**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**