

**GROUP SCHEDULE**  
**WEEK OF December 10<sup>th</sup>-14<sup>th</sup>**

Day/Time	TOPIC or Process	FACILITATOR
<b>MON Dec 10</b>		
2:00pm-2:50pm	<b>Recovery Process</b>	Kerri
3:00pm-3:50pm	<b>Gratitude Journal</b>	Michele
5:30pm-6:20pm	<b>Perception</b>	Shawn
<b>TUE Dec 11</b>		
11:00am-11:50am	<b>Relapse Process</b>	Kerri
2:00pm-2:50pm	<b>Recovering Brain</b>	Kerri
3:00pm-3:50pm	<b>Grief and Loss</b>	Michele
5:30 pm-6:20pm	<b>Money Management- How to build Credit</b>	Shawn
6:30pm – 7:20pm	<b>Boundaries: It's not a fence Toto</b>	Shawn
<b>WED Dec 12</b>		
11:00am-11:50am	<b>Red Road Step Study</b>	Kerri
<b>NOON</b>	<b>Open WELLBRIETY MEETING</b>	Not Treatment
1:00pm-1:50pm	<b>The Wise Mind</b>	Sara
2:00pm-2:50pm	<b>How to manage anxiety in recovery</b>	Sara
3:00pm-3:50pm	<b>Relapse Prevention: High Risk Situation</b>	Michele
<b>THU Dec 13</b>		
10:00am-10:50am	<b>Robin Hood Morality</b>	Kerri
11:00am-11:50am	<b>Men's Recovery</b>	Michele
2:00pm-2:50pm	<b>True Colors</b>	Kerri
3:00pm-3:50pm	<b>Beading in Recovery</b>	Michele
5:30pm-6:20pm	<b>Acceptance</b>	Shawn
6:30pm – 7:20pm	<b>12 Steps "R" Rates</b>	Shawn
<b>FRI Dec 14</b>		
<b>NOON</b>	<b>Open WELLBRIETY MEETING</b>	Not Treatment
1:00pm-1:50pm	<b>Playing in Recovery</b>	Keri
2:00pm-2:50pm	<b>Metaphor Cards</b>	Michele
3:00pm-3:50pm	<b>Walk and Talk (Weather Permitting)</b>	Sara

**Walk-In Assessment Times**

Monday, Tuesday and Thursday 1pm

Friday 10am

*Walk-in Assessments are 1-2 hours in length. Please arrive 15 minutes early. You must be on time or may be asked to come back another day.*

**Orientation Group- All new clients must attend 1 time. Group directly after each assessment time.**

**Reminders:**

Sober support slips are due by last day of the month.

It is your responsibility to schedule individual session.

**GROUP SCHEDULE**  
WEEK OF December 17<sup>th</sup> to 21<sup>st</sup>

Day/Time	TOPIC or Process	FACILITATOR
<b>MON Dec 17</b>		
2:00pm-2:50pm	<b>Hot Buttons</b>	Kerri
3:00pm-3:50pm	<b>Working on me in Recovery</b>	Michele
5:30pm-6:20pm	<b>Slip vs. Relapse</b>	Shawn
<b>TUE Dec 18</b>		
11:00am-11:50am	<b>Open Process</b>	Kerri
2:00pm-2:50pm	<b>Core I</b>	Kerri
3:00pm-3:50pm	<b>Core II</b>	Michele
5:30 pm-6:20pm	<b>Open Process</b>	Shawn
6:30pm – 7:20pm	<b>Core I</b>	Shawn
<b>WED Dec 19</b>		
11:00am-11:50am	<b>Red Road Step Study</b>	Kerri
NOON	<b>OPEN: WELLBRIETY MEETING</b>	Not Treatment
1:00pm-1:50pm	<b>Gratitude Journaling</b>	Sara
2:00pm-1:50pm	<b>What are personal boundaries</b>	Sara
3:00pm-1:50pm	<b>Relapse Prevention: Holiday Plan</b>	Michele
<b>THU Dec 20</b>		
10:00am-10:50am	<b>Emotional Regulation</b>	Kerri
11:00pm-11:50pm	<b>Women's Recovery</b>	Michele
2:00pm-2:50pm	<b>Home for the Holidays</b>	Kerri
3:00pm-3:50pm	<b>Beading in Recovery</b>	Michele
5:30pm-6:20pm	<b>Relapse Prevention Plans</b>	Shawn
6:30pm – 7:20pm	<b>Basics of Anger</b>	Shawn
<b>FRI Dec 21</b>		
<b>Closed at Noon (12pm)</b>		
9:00am	<b>OPEN: Holiday Plans</b>	Keri
10:00am	<b>Open: Holiday Relapse Prevention</b>	Sara
11:00am	<b>Open Process: Holiday</b>	Sara & Michele

**Walk-In Assessment Times**

Monday, Tuesday and Thursday 1pm

Friday 10am

*Walk-in Assessments are 1-2 hours in length. Please arrive 15 minutes early. You must be on time or you may be asked to come back another day.*

**Orientation Group- All new clients must attend one time. Group is offered directly after each assessment time.**

**Reminders:**

*Sober support slips are due by last day of the month.*

*It is your responsibility to schedule individual session.*