

**GROUP SCHEDULE**  
**WEEK OF January 21st-25th**

Day/Time	TOPIC or Process	FACILITATOR
<b>MON Jan 21st</b>	<b>CLOSED HOLIDAY</b>	
2:00pm-2:50pm	<b>CLOSED</b>	Kerri
3:00pm-3:50pm	<b>CLOSED</b>	Kerri
4:00pm-4:50pm	<b>CLOSED</b>	Daniel/Michele
5:30pm-6:20pm	<b>CLOSED</b>	Daniel/Michele
<b>TUE Jan 22nd</b>		
2:00pm-2:50pm	<b>Grief and Loss</b>	Janai /Michele
3:00pm-3:50pm	<b>Mindfulness and Meditation</b>	Janai /Michele
4:00pm-4:50pm	<b>PAW's</b>	Kerri
5:30 pm-6:30pm	<b>Family Roles</b>	Kerri
<b>WED Jan 23rd</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>Art with Heart</b>	Sara
2:00pm-2:50pm	<b>Healthy Communication in Recovery</b>	Sara
3:00pm-3:50pm	<b>Person, Places and Things</b>	Michele
<b>THU Jan 24th</b>		
11:00am-11:50am	<b>Men's Recovery</b>	Michele
2:00pm-2:50pm	<b>Rooms in Yourself</b>	Kerri
3:00pm-3:50pm	<b>Beading in Recovery</b>	Michele
4:00pm-4:50pm	<b>Step 10</b>	Kerri
5:30pm-6:20pm	<b>Relapse Prevention</b>	Daniel
<b>Fri Jan 25th</b>		
<b>NOON</b>	<b>Open WELLBRIETY MEETING</b>	Not Treatment
1:00pm-1:50pm	<b>Playing in Recovery</b>	Janai/Keri
2:00pm-2:50pm	<b>Open Process</b>	Michele
3:00pm-3:50pm	<b>Recovery Jenga</b>	Janai/Sara

**Walk-In Assessment Times**

Monday, Tuesday and Thursday 1pm

Wednesday and 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 January 28<sup>th</sup> - February 1<sup>st</sup>**

Day/Time	TOPIC or Process	FACILITATOR
<b>MON Jan 28th</b>		
2:00pm-2:50pm	<b>First Step</b>	Kerri
3:00pm-3:50pm	<b>Core I</b>	Kerri
4:00pm-4:50pm	<b>Loving Self</b>	Michele
5:30pm-6:20pm	<b>Anxiety, Depression and SUD</b>	Michele
<b>TUE Jan 29th</b>		
2:00pm-2:50pm	<b>Chain Analysis</b>	Michele
3:00pm-3:50pm	<b>Setting Boundaries</b>	Michele
4:00pm-4:50pm	<b>Psychosocial Stages of Change</b>	Kerri
5:30 pm-6:20pm	<b>Pathways to Learning</b>	Kerri
<b>WED Jan 30th</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>Art with Heart</b>	Sara
2:00pm-1:50pm	<b>Healthy Recovery Parenting Practices</b>	Sara
3:00pm-1:50pm	<b>Relapse Prevention Plan</b>	Michele
<b>THU Jan 31st</b>		
11:00pm-11:50pm	<b>Women's Recovery</b>	Michele
2:00pm-2:50pm	<b>Core 2</b>	Kerri
3:00pm-3:50pm	<b>Beading in Recovery</b>	Michele
4:00pm-4:50pm	<b>Emotional Regulation</b>	Kerri
5:30pm-6:20pm	<b>Step 1- what does this really mean?</b>	Janai
<b>FRI Feb 1st</b>		
NOON	<b>OPEN: WELLBRIETY MEETING</b>	Not Treatment
1:00pm-2:50pm	<b>Playing in Recovery</b>	Kerri
2:00pm-3:50pm	<b>Open Process</b>	Michele
3:00pm-4:50pm	<b>Walk and Talk (weather permitting)</b>	Sara

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