

**GROUP SCHEDULE  
WEEK OF March 4<sup>th</sup>-8<sup>th</sup>**

Day/Time	TOPIC or Process	FACILITATOR
<b>MON Mar 4th</b>		
2:00pm-2:50pm	<b>Relationships 101</b>	Kerri
3:00pm-3:50pm	<b>12 Steps “R” rated</b>	Kerri
4:00pm-4:50pm	<b>Anxiety and SUD</b>	Michele
5:30pm-6:20pm	<b>Gratitude Journal</b>	Michele
<b>TUE Mar 5th</b>		
2:00pm-2:50pm	<b>Grief and Loss</b>	Michele
3:00pm-3:50pm	<b>Effects of Alcohol</b>	Michele
4:00pm-4:50pm	<b>PsychoSocial Stages</b>	Kerri
5:30 pm-6:20pm	<b>Relapse Process</b>	Kerri
<b>WED Mar 6th</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>PAWS</b>	Sara
2:00pm-2:50pm	<b>Nutritional Healing</b>	Nevin
3:00pm-3:50pm	<b>Relapse Prevention</b>	Michele
<b>THU Mar 7th</b>		
11:00am-11:50am	<b>Men’s Recovery</b>	Michele
2:00pm-2:50pm	<b>Open Process</b>	Kerri
3:00pm-3:50pm	<b>Beading in Recovery</b>	Michele
4:00pm-4:50pm	<b>Music &amp; Emotions</b>	Nevin
5:30pm-6:20pm	<b>Relationships in Recovery</b>	Nevin
<b>FRI Mar 8th</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>Open Process</b>	Michele
3:00pm-3:50pm	<b>Recovery Activity</b>	Nevin

**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 March 11<sup>th</sup>-15<sup>th</sup>**

Day/Time	TOPIC or Process	FACILITATOR
<b>MON Mar 11th</b>		
2:00pm-2:50pm	<b>Alcohol &amp; the Body</b>	Kerri
3:00pm-3:50pm	<b>Anger Umbrella</b>	Kerri
4:00pm-4:50pm	<b>Medicine Wheel</b>	Michele
5:30pm-6:20pm	<b>Rocks in Recovery</b>	Michele
<b>TUE Mar 12th</b>		
2:00pm-2:50pm	<b>Stress in Recovery</b>	Michele
3:00pm-3:50pm	<b>Pos+Negs of Expectations</b>	Michele
4:00pm-4:50pm	<b>PAWS</b>	Kerri
5:30 pm-6:20pm	<b>Brain Chemistry</b>	Kerri
<b>WED Mar 13th</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>Establishing Routing in Recovery</b>	Sara
2:00pm-2:50pm	<b>Pets &amp; Partners</b>	Nevin
3:00pm-3:50pm	<b>Triggers</b>	Michele
<b>THU Mar 14th</b>		
11:00am-11:50am	<b>Women's Recovery</b>	Michele
2:00pm-2:50pm	<b>Step 10</b>	Kerri
3:00pm-3:50pm	<b>Beading in Recovery</b>	Michele
4:00pm-4:50pm	<b>Open Process</b>	Nevin
5:30pm-6:20pm	<b>Music &amp; Emotions</b>	Nevin
<b>FRI Mar 15th</b>		
NOON	<b>OPEN WELLBRIETY MEETING</b>	Not Treatment
1:00pm-2:50pm	<b>Playing in Recovery</b>	Kerri
2:00pm-2:50pm	<b>Open Process</b>	Michele
3:00pm-3:50pm	<b>Walk and Talk (weather permitting)</b>	Nevin

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