

**GROUP SCHEDULE
WEEK OF May 13 - May 17**

Day/Time	TOPIC or Process	FACILITATOR
MON May 13		
11:00am-12:00pm	Healthy Sleep	Nevin
2:00pm-2:50pm	Nutrition	Kerri
3:00pm-3:50pm	Missing Aminos	Kerri
4:00pm-4:50pm	Grief and Loss	Michele
5:30pm-6:20pm	Healthy Boundaries	Michele
TUE May 14		
10:00am-11:00am	Stages of Change	Nevin
2:00pm-2:50pm	Loving Self	Michele
3:00pm-3:50pm	Meditation for Relapse Prevention	Michele
4:00pm-4:50pm	Open Process	Kerri
5:30 pm-6:20pm	Brain Chemistry	Kerri
WED May 15		
11:00am-11:50am	Red Road Step Study	Kerri
NOON	Open WELLBRIETY MEETING	Not Treatment
1:00pm-1:50pm	Self-Care	Sara
2:00pm-2:50pm	Open Process	Sara/Nevin
3:00pm-3:50pm	PAWS	Kerri/Nevin
THU May 16		
11:00am-11:50am	Men's Recovery	Michele
2:00pm-2:50pm	Psycho-Social Stages	Kerri
3:00pm-3:50pm	Beading in Recovery	Michele
4:00pm-4:50pm	Reducing Anxiety	Nevin
5:30pm-6:20pm	Goal Setting	Nevin
FRI May 17		
NOON	Open WELLBRIETY MEETING	Not Treatment
1:00pm-1:50pm	Playing in Recovery	Keri
2:00pm-2:50pm	Open Process	Michele
3:00pm-3:50pm	Walk and Talk	Nevin

Schedule also posted at eptha.com

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 is offered Mon, Wed & Fri after each assessment.

Reminders:

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

It is your responsibility to schedule individual session.

**GROUP SCHEDULE
WEEK May 20 - May 24**

Day/Time	TOPIC or Process	FACILITATOR
MON May 20		
11:00am-12:00pm	Money Management	Nevin
2:00pm-2:50pm	Hot Buttons	Kerri
3:00pm-3:50pm	12 Steps “R” Rated	Kerri
4:00pm-4:50pm	Relapse Prevention Plan	Michele
5:30pm-6:20pm	DBT House	Michele
TUE May 21		
10:00am-11:00am	Recovery Stuck Points	Nevin
2:00pm-2:50pm	Myths about Emotions	Michele
3:00pm-3:50pm	Grief and Loss Activity	Michele
4:00pm-4:50pm	Emotional Regulation	Kerri
5:30 pm-6:20pm	Core 1	Kerri
WED May 22		
11:00am-11:50am	Red Road Step Study	Kerri
NOON	Open WELLBRIETY MEETING	Not Treatment
1:00pm-1:50pm	Staying Busy Activities	Sara
2:00pm-2:50pm	Open Process	Sara/Nevin
3:00pm-3:50pm	Anger and You	Kerri/Nevin
THU May 23		
11:00am-11:50am	Women’s Recovery	Michele
2:00pm-2:50pm	Family Roles	Kerri
3:00pm-3:50pm	Beading in Recovery	Michele
4:00pm-4:50pm	Family roles then and Now	Nevin
5:30pm-6:20pm	Understanding Fear	Nevin
FRI May 24		
	CLOSED @ 12pm	
NOON		Not Treatment
1:00pm-2:50pm		Michele/Kerri
2:00pm-2:50pm		Michele
3:00pm-3:50pm		Nevin

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