GROUP SCHEDULE
WEEK OF July 8th - 12th

Day/Time	TOPIC or Process	FACILITATOR
MON July 8th		
11:00am-11:50am	**Stages of Addiction**	Nevin
2:00pm-2:50pm	**Holiday Open Process**	Kerri
3:00pm-3:50pm	**Recovery Process**	Kerri
4:00pm-4:50pm	**Cycle of Relapse**	Michele
5:30pm-6:20pm	**Anger Stop Signs**	Michele
TUE July 9th		
10:00am-11:00am	**Boundaries with Family**	Nevin
11:00am-12:00pm	**Open Process**	Shawn
12:00pm-1:00pm	**Building Credit**	Shawn
2:00pm-2:50pm	**Grief and Loss**	Michele
3:00pm-3:50pm	**Relapse Prevention Plans**	Michele
4:00pm-4:50pm	**Core 1**	Kerri
5:30 pm-6:20pm	**Anger and Emotions**	Kerri
WED July 10th		
10:00am-11:00am	**Daily Reflections**	Shawn
11:00am-11:50am	**Red Road Step Study**	Shawn
NOON	**Open WELLBRIETY MEETING**	Not Treatment
1:00pm-1:50pm	**Healthy Parenting in Recovery**	Sara
2:00pm-2:50pm	**Forgiveness**	Nevin
3:00pm-3:50pm	**Time Management**	Nevin
THU July 11th		
11:00am-11:50am	**Men's Recovery**	Shawn
12:00pm-1:50pm	**5 Steps to staying clean and sober**	Shawn
2:00pm-2:50pm	**Recovering Brain**	Kerri
3:00pm-3:50pm	**Beading in Recovery**	Sara/Michele
4:00pm-4:50pm	**Goal Setting in Early Recovery**	Nevin
5:30pm-6:20pm	**Family Roles**	Nevin
FRI July 12th		
NOON	**Open WELLBRIETY MEETING**	Not Treatment
1:00pm-1:50pm	**Playing in Recovery**	Sara/Keri
2:00pm-2:50pm	**Weekend Recovery Plans**	Sara/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 July 15th-19th		
Day/Time	**TOPIC or Process**	**FACILITATOR**
MON July 15th		
11:00am-11:00am	**Steps to Sober Living**	Nevin
2:00pm-2:50pm	**PAWS**	Kerri
3:00pm-3:50pm	**12 Steps "R" Rated**	Kerri
4:00pm-4:50pm	**Wise Mind**	Sara/Michele
5:30pm-6:20pm	**Healthy Boundaries**	Sara/Michele
TUE July 16th		
10:00am-10:50am	**Spirituality**	Nevin
11:00am-11:50am	**Cross Addiction**	Shawn
12:00pm-1:00pm	**Relapse Prevention Plan**	Shawn
2:00pm-2:50pm	**Self-Care Dynamics**	Sara/Michele
3:00pm-3:50pm	**Challenge Your Perceptions**	Sara/Michele
4:00pm-4:50pm	**Emotional Regulations**	Kerri
5:30 pm-6:20pm	**Open Process**	Kerri
WED July 17th		
10:00am-10:50am	**Daily Reflections**	Shawn
11:00am-11:50am	**Red Road Step Study**	Shawn
NOON	**OPEN WELLBRIETY MEETING**	Not Treatment
1:00pm-1:50pm	**Triggers and Interventions**	Sara
2:00pm-2:50pm	**Social Media in Recovery**	Nevin
3:00pm-3:50pm	**Stress Reduction**	Nevin
THU July 18th		
11:00am-11:50am	**Women's Recovery**	Shawn
12:00pm-1:50pm	**Triggers and Interventions**	Shawn/Kerri
2:00pm-2:50pm	**Core 2**	Sara/Kerri
3:00pm-3:50pm	**Beading in Recovery**	Sara/Michele
4:00pm-4:50pm	**Creating Sleep Routine**	Nevin
5:30pm-6:20pm	**10 Steps to Personal Inventory**	Nevin
FRI July 19th		
NOON	**OPEN WELLBRIETY MEETING**	Not Treatment
1:00pm-2:50pm	**Weekend Recovery Plans**	Nevin/Kerri
2:00pm-2:50pm	**Open Process: Being Active in Recovery**	Sara/Michele
3:00pm-3:50pm	**Potluck: Celebrating Recovery**	Nevin
3:00pm-3:50pm	**21yo and under:** **Potluck: Celebrating Recovery**	Sara

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