

GROUP SCHEDULE
WEEK OF August 19th - 23rd

Day/Time	TOPIC or Process	FACILITATOR
MON Aug 19th		
11:00am-11:50am	Morning Reflections	Kerri/Nevin
2:00pm-2:50pm	12 Steps “R” Rated	Kerri
3:00pm-3:50pm	Anger Umbrella	Kerri
4:00pm-4:50pm	7C’s of Defeating Addiction	Sara/Michele
TUE Aug 20th		
10:00am-10:50am	Anxiety... What is it?	Nevin
11:00am-11:50am	Culture of Addiction vs Culture of Recovery	Shawn
12:00pm-12:50pm	Goal Setting- 5 Golden Rules	Shawn
2:00pm-2:50pm	Substance Abuse Crosswords	Sara/Michele
3:00pm-3:50pm	Parenting in Recovery	Sara/Michele
4:00pm-4:50pm	Rooms Inside Yourself	Kerri
WED Aug 21st		
10:00am-10:50am	Daily Reflections	Shawn
11:00am-11:50am	Red Road Step Study	Kerri
NOON	Open WELLBRIETY MEETING	Not Treatment
1:00pm-1:50pm	Relapse Prevention	Sara
2:00pm-2:50pm	Goal Setting for Success	Nevin
3:00pm-3:50pm	PAWS	Nevin
THU Aug 22nd		
11:00am-11:50am	Men’s Recovery	Shawn
12:00pm-12:50pm	Cross Addiction	Shawn
2:00pm-2:50pm	Psychosocial Stages	Kerri
3:00pm-3:50pm	Beading in Recovery	Sara/Michele
4:00pm-4:50pm	Open Process- How to prevent relapse	Nevin
FRI Aug 23rd		
7:00am-7:50am	Morning Rituals and Self Care	Nevin
NOON	Open WELLBRIETY MEETING	Not Treatment
1:00pm-1:50pm	Playing in Recovery- Celebration w/treats	Keri
2:00pm-2:50pm	Recovery Fun- Games w/o Intoxication	Sara/Michele
3:00pm-3:50pm	Walk and Talk	Nevin

Schedule also posted at www.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 August 26th - 30th**

Day/Time	TOPIC or Process	FACILITATOR
MON Aug 26th		
11:00am-11:50am	Morning Reflections	Sara/Nevin
2:00pm-2:50pm	Anger Hot Buttons	Kerri
3:00pm-3:50pm	Step One	Kerri
4:00pm-4:50pm	How to Overcome Yourself	Sara/Michele
TUE Aug 27th		
10:00am-10:50am	Triggers and Interventions	Nevin
11:00am-11:50am	Using Dreams	Shawn
12:00pm-12:50pm	Communication	Shawn
2:00pm-2:50pm	Personal Intervention Plans	Sara/Michele
3:00pm-3:50pm	Playing in Recovery	Sara/Michele
4:00pm-4:50pm	Recovering Brain	Kerri
WED Aug 28th		
10:00am-10:50am	Daily Reflections	Shawn
11:00am-11:50am	Red Road Step Study	Kerri
NOON	OPEN WELLBRIETY MEETING	Not Treatment
1:00pm-1:50pm	PAWS	Sara
2:00pm-2:50pm	Healthy Relationships	Nevin
3:00pm-3:50pm	Anger Management	Nevin
THU Aug 29th		
11:00am-11:50am	Women's Recovery	Shawn
12:00pm-12:50pm	Triggers and Interventions	Shawn
2:00pm-2:50pm	Why Step 12?	Kerri
3:00pm-3:50pm	Beading in Recovery	Sara/Michele
4:00pm-4:50pm	Open Process	Nevin
FRI Aug 30th		
CLOSED AT NOON		
7:00am-7:50am	Morning Rituals and Self Care	Nevin
NOON	CLOSED	Not Treatment
1:00pm-1:50pm	CLOSED	Kerri
2:00pm-2:50pm	CLOSED	Sara/Michele
3:00pm-3:50pm	CLOSED	Nevin

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