

GROUP SCHEDULE
WEEK OF September 2nd-6th

Day/Time	TOPIC or Process	FACILITATOR
MON Sep 2nd		
11:00am-11:50am	CLOSED	
2:00pm-2:50pm	Closed	
3:00pm-3:50pm	Closed	
4:00pm-4:50pm	Closed	
TUE Sep 3rd		
10:00am-10:50am	Daily Reflections	Kerri/Nevin
11:00am-11:50am	Time Management	Kerri
12:00pm-12:50pm	Goal Setting- 5 Golden Rules	Kerri/Nevin
2:00pm-2:50pm	Metaphor Cards	Michele
3:00pm-3:50pm	Positive Self Statements	Michele
4:00pm-4:50pm	PAWS	Kerri
WED Sep 4th		
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	Mindfulness Meditation	Sara/Nevin
3:00pm-3:50pm	PAWS	Michele/Nevin
THU Sep 5th		
11:00am-11:50am	Men's Recovery	Michele
12:00pm-12:50pm	Relationships 101	Kerri
2:00pm-2:50pm	Robin Hood Morality	Kerri
3:00pm-3:50pm	Beading in Recovery	Michele
4:00pm-4:50pm	Open Process- How to prevent relapse	Kerri/Nevin
FRI Sep 6th		
7:00am-7:50am	Morning Rituals and Self Care	Daniel/Nevin
NOON	Open WELLBRIETY MEETING	Not Treatment
1:00pm-1:50pm	Playing in Recovery	Michele/Keri
2:00pm-2:50pm	Recovery Fun- Games w/o Intoxication	Michele
3:00pm-3:50pm	Open Process	Michele/Nevin

Schedule posted at www.epta.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 September 9th-13th**

Day/Time	TOPIC or Process	FACILITATOR
MON Sep 9th		
11:00am-11:50am	Morning Reflections	Nevin
2:00pm-2:50pm	Anger Hot Buttons	Kerri
3:00pm-3:50pm	Step One	Kerri
4:00pm-4:50pm	Grief and Loss	Michele
TUE Sep 10th		
10:00am-10:50am	Triggers and Interventions	Nevin
11:00am-11:50am	Using Dreams	Kerri
12:00pm-12:50pm	Communication	Nevin
2:00pm-2:50pm	Relapse Prevention Plan	Michele
3:00pm-3:50pm	Understanding Ourselves	Michele
4:00pm-4:50pm	Recovering Brain	Kerri
WED Sep 11th		
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 Sep 12th		
11:00am-11:50am	Women's Recovery	Michele
12:00pm-12:50pm	Triggers and Interventions	Kerri
2:00pm-2:50pm	Why Step 12?	Kerri
3:00pm-3:50pm	Beading in Recovery	Michele
4:00pm-4:50pm	Open Process	Nevin
FRI Sep 13th		
CLOSED		
7:00am-7:50am	Closed	Nevin
NOON	Closed	Not Treatment
1:00pm-1:50pm	Closed	Kerri
2:00pm-2:50pm	Closed	Michele
3:00pm-3:50pm	Closed	Nevin

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