Group Schedule
1200 N. Country Club Rd.

MONDAY			TUESDAY			WEDNESDAY		
Room A	**Room B**	**Room C**	**Room A**	**Room B**	**Room C**	**Room A**	**Room B**	**Room C**
9:00-11:00 Therapeutic Day Program Reina	8:30-11:00 CDSMP Richard L.	9:00-10:30 Start Your Week Susan	9:00-12:00 Therapeutic Day Program Reina	9:00-10:30 Fitness Troy	9:00-10:30 Stress Management Rico	9:00-12:00 Therapeutic Day Program Reina	9:00-10:30 Depression Management Rico	9:00-10:30 Employment Skills Danny/Richard M.
Community Forum 11:00-12:00 (Day Room) Troy				10:30-12:00 Parenting Phyllis	10:30-12:00 Mind Over Mood Sylvia		10:30-12:00 Meditation & Mindfulness Susan	10:00-12:00 (Off site) Gardening Troy
								10:30-12:00 W.R.A.P. Richard M.
LUNCH 12:00-1:00			***LUNCH 12:00-1:00***			***LUNCH 12:00-1:00***		
1:00-2:00 Therapeutic Day Program Reina	1:00-2:30 Cooking Fundamentals Troy	1:00-2:30 Stress Management Dina	1:00-2:00 Therapeutic Day Program Reina	1:00-2:30 Grief & Loss Rico	1:00-2:30 Healthy Self Esteem Richard M.	1:00-2:00 Therapeutic Day Program Reina	1:00-2:30 Independent Living Skills Rico	1:00-2:30 Trauma Ana
	2:30-4:00 (Kitchen) Troy							
2:30-4:00 Recovery through Art Amy	2:30-4:00 Anger Management Richard L.	2:30-4:00 Healthy Relationships Shawn		2:30-4:00 Melody of Life Richard M.	2:30-4:00 Basic Co-Occurring Disorders Shawn	2:30-4:00 SMART Recovery Ana	2:30-4:00 Co-Ed Peer Support Richard M.	2:30-4:00 Friendship Skills Rico

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THURSDAY			FRIDAY			SATURDAY	
Room A	Room B	Room C	Room A	Room B	Room C	See Facilitator for Room Info	
9:00-12:00 Therapeutic Day Program Reina	9:00-10:30 Strength & Balance Troy	9:00-10:30 Stress Management Rico	9:00-12:00 Therapeutic Day Program Reina	9:00-10:30 Sex, Drugs, & Rock 'n' Roll Rico	9:00-10:30 Women Helping Women Ana	9:45-10:30 Coping with Anxiety and Depression Richard M./Rico	
	10:30-12:00 Anger Management Richard M.	10:30-12:00 Healthy Relationships Phyllis		10:30-12:00 DBT Coping Skills Sylvia	10:30-12:00 Independent Living Skills Rico	10:30-12:00 SMART Recovery Richard M./Rico	
			Member Council Open Meeting 10:00-11:00 (Day Room) Dina				
LUNCH 12:00-1:00			*LUNCH 12:00-1:00*			*LUNCH 12:00-12:30*	
1:00-2:00 Therapeutic Day Program Reina	1:00-2:30 Stress Management Richard M.	1:00-2:30 Smoking Reduction Rico	1:00-2:00 Therapeutic Day Program Reina	1:00-2:30 Anxiety Management Richard M.	1:00-2:30 Employment Skills Danny	12:30-2:00 Creative Recovery Rico	12:30-2:00 Anger Management Richard M.
2:30-4:00 Recovery through Art Brandon	2:30-4:00 Melody of Life Richard M.	2:30-4:00 Journaling Troy		2:30-4:00 Fitness Troy	2:30-4:00 Parenting Phyllis		