NUEVA ESPERANZA Group Schedule (4067 E. Grant Rd.)

Substance Use and Co-occurring Diagnoses

Monday	Tuesday	Wednesday	Thursday	Friday
8:30AM-10:00AM (1) Healthy Relationships for men: **Michael** 8:30AM-10:00AM (2) Healthy Relationships for women- **Kathi**	8:30AM-10:00AM (1) MRT: **Corey & Denise*** **(Referral only)**	8:30AM-10:00AM (1) Dynamic Dual; Co-Occurring: **Marci**	8:30AM-10:00AM (1) Mindfulness: **Michael**	8:30AM-10:00AM (1) Healthy Relationships for women: **Marci** 8:30AM-10:00AM (2) Healthy Relationships for men**:** **Staff**
10:00AM-11:30AM (1) Substance Education: **Wil** 10:00AM-11:30AM (2) Creative Coping with Art: **Michael**	10:00AM-11:30AM (1) Relapse Prevention: **Marci**	10:00AM-11:30AM (1) Anger Management: **Corey** 10AM-11:30AM (2) Title 36 – **Randy**	10:00AM-11:30AM (1) Mind over mood: **Michael**	10:00AM-11:30AM (1) Relapse Prevention: **Marci** 10:00AM-11:30AM (2) Thinking for a Change: **Staff**
1:00PM-2:30PM (1) W.R.A.P. – **Wil** 1:30PM-3:00PM (2) Turning Points: **Sandy*** **(Referral only)Begins 9/12/16**	1:00PM-2:00PM (1) Grief & Loss – **Jeff** 3:00PM-4:30PM (1) Substance Use Ed: **Corey**	1:00PM-2:00PM (1) Anger Management: **Lisa** 1:30-3:00PM (2) Interactive Journaling: **Wil**	1:00PM-2:30PM (1) Seeking Safety: **Wil** 2:00PM-3:00PM (2) Wrinkles Don't Hurt: 55+ **Sandy**	1:00PM-2:30PM (1) Social Responsibility: **Bryan** 2:30PM-3:30PM (1) Parenting**: Bryan**
5:00PM-6:30PM (1) **Corey** Maintenance	2:30PM-4:30PM (2) Women's group: **Sandy*** **(Referral only)** 5:00PM-6:30PM (1) - **Wil** Co-Occurring	3:00PM-4:00PM (1) LGBTQ**: Wil** 4:00PM – 5:30PM (2) **Jeff* (Referral only)** Stress Management through Art	3:00PM-4:30PM **TBD** 5:00PM– 6:30PM (1) **Marci** Relapse Prevention	

*Closed groups are open to Nueva Vida members only. †Advanced groups are open to those who have completed the core program.

(1) Esperanza Group Room #1

(2) Esperanza Group Room #2

IOP consists of a minimum of 9 hours per week. Core groups include: Education, Therapy, Relapse Prevention, WRAP and Midweek support in addition to 2 more hours of program which can include individual therapy by referral. There is a minimum of 3 months commitment to IOP.

Consistent attendance and counselor assessment is required to step down to regular outpatient program. ROP consists of 5 hours per week for a minimum of 6 months. Aftercare after completion of ROP is recommended for 1 year.

Counselor will work with member to create treatment plan geared to their needs.

Group certificates will be given for completion of a minimum of 12-25 sessions of each group, depending on treatment plan.

Effective 8/1/2016