

GROUP SCHEDULE
1 LONG WHARF DRIVE
Week of Aug 5 – Aug 9, 2013

Monday, Aug 5

Topic with Process	Clinician
6:00a.m.-6:50a.m.	Luke
7:00a.m.-7:50a.m.	Sharmain
7:30a.m.-8:20a.m.	Laura
8:00a.m.-8:50a.m.	Rick
8:30a.m.-9:20a.m.	Richard
8:30a.m.-9:20a.m.	Peggy
8:30a.m.-9:20a.m.	Ashley/Margo/Tim
9:00a.m.-9:50a.m.	Jess
9:30a.m.-10:20a.m.	Richard
9:30a.m.-10:20a.m.	Hannah
10:00a.m.-10:50a.m.	Ethan
10:00a.m.-10:50a.m.	Nursing
10:30a.m.-10:50a.m.	Rick
10:00a.m.-10:50a.m.	Terry
10:30a.m.-11:20a.m.	Jess
11:00a.m.-11:50a.m.	Tim
11:00a.m.-11:50p.m.	Ethan/Hannah
11:30a.m.-12:20p.m.	Laura
12:00p.m.-12:50p.m.	Rick
12:30p.m.-1:20p.m.	Jess
1:00p.m.-1:50p.m.	Richard
1:30p.m.- 2:20p.m.	Kathy S
2:00p.m.-2:50p.m.	Ethan

Tuesday, Aug 6

6:00a.m.-6:50a.m.	Long-term Sobriety	Sharmain
7:00a.m.-7:50a.m.	Looking at the Glass 1/2 Full	Luke
8:00a.m.-8:50a.m.	Acupuncture & Recovery	Richard/Chris
8:00a.m.-8:50a.m.	Sober Activity Planning	Laura
8:30a.m.-9:20a.m.	Vocational Issues: Job Club	Andrea
9:00a.m.-9:50a.m.	Realistic Expectations	Ethan
9:30a.m.-10:20a.m.	Core Ed: Bio of Addiction Opioids	Rick
10:00a.m.-10:50a.m.	Family Dynamics	Kerry
10:30a.m.-11:20a.m.	Relationship Issues in Recovery	Ashley

Wed., Aug 7

6:00a.m.-6:50a.m.	Readiness to Taper	Sharmain
7:00a.m.-7:50a.m.	Shame & Guilt	Luke
7:30a.m.-8:20a.m.	Self-Care	Kerry
8:00a.m.-8:50a.m.	What is PTSD?	Peggy
8:30a.m.-9:20a.m.	IOP Check-In	Tim/Ashley/Stu/Laura
8:30a.m.-9:20a.m.	Healthy Sexual Relationships	Hannah
9:00a.m.-9:50a.m.	Taking Hold of Your Mind	Naomi
9:00a.m.-9:50a.m.	Women's Recovery Group	Jess
9:00a.m.-9:50a.m.	Men's Recovery Group	Ethan
9:30a.m.-10:20a.m.	Women's Recovery Group	Laura
9:30a.m.-10:20a.m.	Men's Recovery Group	Richard
9:30a.m.-10:20a.m.	Core Ed: Overdose Prevention	Monique
10:00a.m.-10:50a.m.	Relaxation Techniques for Health	Ethan
10:00a.m.-10:50a.m.	Using the 12 Steps	Tim
10:30a.m.-11:20a.m.	Vocational Issues: Hollywood at Work	Andrea
11:00a.m.-11:50a.m.	Journaling/Poetry Group	Richard
11:00a.m.-11:50p.m.	IOP Check- In	Kerry/Ethan
11:30a.m.-12:20p.m.	Tolerance	Jess
12:00p.m.-12:50p.m.	Risks for Relapse	Laura
12:30p.m.-1:20p.m.	Changing People, Places, and Things	Tim
1:00p.m.-1:50p.m.	Acupuncture	Richard
1:30p.m.- 2:20p.m.	Coping with Loss	Ashley
2:00p.m.-2:50p.m.	Co-Occurring Disorders	Margo

Evening

4:00p.m.-5:00p.m.	Keeping a Positive Attitude	Ethan
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Thursday, Aug 8

6:00a.m.-7:50a.m	What's Working for You?	Sharmain
7:00a.m.-7:50a.m.	Anger Management	Luke
7:30a.m.-8:20a.m.	Skill Building for Parents	Kathy S
8:00a.m.-8:50a.m.	Acupuncture & Recovery	Richard/Chris
8:00a.m.-8:50a.m.	Vocational Issues: Job Seeking Skills	Andrea
8:30a.m.-9:20a.m.	Yoga Nidra (Guided Relaxation)	Laurie

**NO GROUPS BETWEEN
9:00a.m. & 10:00a.m.**

10:00a.m.-10:50a.m.	Core Ed: MAT	Kerry
10:00a.m.-10:50a.m.+++	Men's Trauma & Recovery Group+++	Stu/Tim
10:30a.m.-11:20a.m.	Catch It. Check It. Change It.	Jess
11:00a.m.-11:50a.m.	Problem Solving	Hannah
11:30a.m.-12:20p.m.	It Is What It Is....	Richard
12:00p.m.-12:50p.m.	What Was I Thinking?	Laura
	***Please speak to Stu/Rick to attend Men's trauma group	
4:00p.m. – 4:50p.m.	Staying Solution Focused	Ethan

Friday, Aug 9

6:00a.m.-6:50a.m.	Staying Focused	Luke
7:00a.m.-7:50a.m.	Future Planning	Sharmain
7:30a.m.-8:20a.m.	This Thing Called Family	Kerry
8:00a.m.-8:50a.m.	Understanding Bi-polar Disorder	Peggy
8:30a.m.-9:20a.m.	IOP Check-In	Ethan/Stu/Margo/Hannah
8:30a.m.-9:20a.m.	Nutrition: Healthy Eating	Laura
9:00a.m.-9:50a.m.	Women's Recovery Group	Ashley
9:00a.m.-9:50a.m.	Men's Recovery Group	Tim
9:30a.m.-10:20a.m.	Women's Recovery Group	Kerry
9:30a.m.-10:20a.m.	Men's Recovery Group	Richard
9:30a.m.-10:20a.m.	Core Ed: Overdose Prevention	Jess
10:00a.m.-10:50a.m.	Nursing Group	Nursing
10:00a.m.-10:50a.m.	Bio of Addiction: Benzodiazepines	Hannah
10:30a.m.-11:20a.m.	Active Recreation: Bicycle Riding	Ethan
11:00a.m.-11:50a.m.	Relapse Prevention	Kerry
11:00a.m.-11:50a.m.	IOP Check-In	Tim/Hannah
11:30am-12:20pm	One Day at a Time	Laura
11:30 am-12:20 pm	Staying in the Moment	Jess
12:00p.m.-12:50p.m.	Journaling/Poetry Group	Richard
12:30p.m.-1:20p.m.	Gratitude	Hannah
1:00p.m.-1:50p.m.	Acupuncture & Recovery	Richard/Stu
1:30p.m.-2:20p.m.	Coping with Change	Margo
2:00p.m.-2:50p.m	Weekend Planning	Queenie