

Groups	Monday	Tuesday	Wednesday	Thursday	Friday
Adolescent		3:30 – 4:30pm		3:30 – 4:30pm	
Alumni (once per month)		6 – 7pm 1 st Tuesday monthly Rm 73			
Anger Management	2-3pm Rm 57				
Daytime Intensive Outpatient Program	9:30- 12:30pm Rm 80		9:30-12:30pm Rm 80		9:30- 12:30pm Rm 80
Early Recovery Skill for Substance Use	5:30-6:30pm		1:30 -2:30pm	5:30 – 6:30 Rm 58	9-10am Rm 58
Evening Intensive Outpatient Program	5-8pm	5-8pm		5-8pm	
Loss and Transition (<i>Grief</i>)				1-2pm	
Mental Health Coping Skills (<i>problem-solving</i>)	5 – 6pm			(4) 9 – 10am (2) 10 – 11am	11-12 noon
NA Meeting	12:30- 1:30pm Rm 80				
Orientation 1			2 – 3pm Rm 58		
Orientation 2			1 – 2pm Rm58		
Reengagement	10-11am				
Self-Discovery (<i>Who am I?</i>)	11-12 noon	11-12 noon		11 – 12pm	
Substance Use Coping Skills	1:30 – 3:30	2-3pm		2-3pm	
Substance Use Relationships					
Substance Use Social Support					
Substance Use Social Support 1	6-7pm				
Wellness		10-11am			
Women’s Mental Health Coping Skills			1:30 – 3:00 Rm 57		
Women’s Substance Use				10-11am	

For specific times each day for the groups or description of the group contact our Main Office at 540 887-3200.