

COUNTRY CLUB GROUP CALENDAR

	Monday	Tuesday	Wednesday	Thursday	Friday
Please note that if you are more than 5 minutes late for group you will not be able to attend. Please be on time.					
9:00					
9:30	Women in Recovery (Carlea Jo-Roadrunner) <i>Women's Gender Specific</i> IOP 9:30 – 11:00AM	Domestic Violence (Carlea Jo - Gila) <i>Women's Gender Specific</i> 9:30 – 11:00AM	**SMART (Katrina - Roadrunner) IOP 9:30 – 11:00AM	Thinking for a Change (Lauren - Coyote) <i>Women's Gender Specific</i> 9:30 – 11:00AM	Healthy Relationships (Kimberly - Gila) IOP 9:30 – 11:00AM
10:00					
10:30					
11:00					
11:30	Substance Abuse Education (Juanita - Roadrunner) IOP 11:15AM – 12:30PM	Parenting & Pathways (Cynthia - Gila) 12:00 – 1:30PM	**Relapse Prevention (Katrina-Roadrunner) IOP 11:30AM – 1:00PM	Domestic Violence (Amber - Gila) <i>Women's Gender Specific</i> 11:30AM – 1:00PM	Seeking Safety (Amber - Gila) IOP 11:30AM – 1:00PM
12:00					
12:30					
1:00	Creative Time (Chance-Coyote) 12:30 – 2:30PM	Healthy Relationships (Kimberly - Gila Room) 1:30 – 3:00PM	Parenting & Pathways (Cynthia-Gila) IOP Elective 1:00 – 2:30PM	Anger Management (Autumn-Coyote) IOP Elective 1:00 – 2:30PM	Healthy Sexuality (Carlea Jo-Roadrunner) IOP Elective 1:00 – 2:30PM
1:30					
2:00					
2:30					
3:00			*Dungeons and Dragons Social Group (Chance - Coyote) <i>*Sign up with front desk</i> 3:00 – 5:00PM		
3:30					
4:00					
4:30		Seeking Safety (SACASA) (Carlea Jo – Roadrunner) 4:30 – 6:00PM <i>*Starts Feb 5, 2019</i>	Seeking Safety – Family Ages 12+ (Amber - Roadrunner) 4:30 – 6:00PM <i>*Starts Feb 5, 2019</i>	*I Thought It Was Just Me. Shame & Trauma (Amber – Roadrunner) 3:30 – 4:30PM	
5:00					
5:30					



* Require a referral. Please see your Recovery Coach. ** Members should attend either Relapse Prevention OR SMART, talk to facilitator or Recovery Coach to determine best fit | Updated 1/4/19
 Intensive Outpatient (IOP) requires to attend all designated groups and 1 designated "elective." | Gender specific groups are for individuals who identify as female, and focus on female-specific issues.

Women in Recovery (Adults) <i>IOP</i>	Using a gender-specific approach, this group addresses: Self, Relationships, Sexuality, and Spirituality. It addresses addiction, developing a deeper understanding of self, learning positive self-soothing skills, developing a sense of safety for trauma survivors, and fostering empowerment for healthier decisions.	Anger Management (adults) <i>IOP Elective</i>	Anger Management is a 12 session therapeutic treatment group designed to enable participants to learn, practice, and integrate strategies that help control anger and lead to improved relationships with others in their lives.
Substance Abuse Education (Adults) <i>IOP</i>	This is an educational group that teaches how drugs and other substances impact the brain and body. Topics include the history of drugs, social and legal influences, short and long term effects of use on the body and brain, withdrawal, drug interactions, and more.	D&D Social Group (adults and minors accompanied by legal guardian)	Do you enjoy fantasy, adventures, and role playing? Do you enjoy coming up with characters, stories, and strategies? In this group, members will be able to create fantastical characters and run through adventures through the Dungeons and Dragons 5 th edition system. This group focuses on exercising creativity, creative problem solving, team building and communication. <u>Spaces are limited and members must commit weekly.</u>
SMART (Self-Management And Recovery Training)	This group aims to support individuals who have chosen to abstain, or are considering abstaining from any type of addictive behaviors by teaching how to change self-defeating thinking, emotions, and actions, and to work toward long-term satisfactions and quality of life.	Creative Time (adults)	Different projects each month to help with mental health disorders such as anxiety or depression. We will draw, or paint, or write, or sing, or... No prior experiences necessary; lots of support to learn, develop or expand your creative self.
Relapse Prevention (Adults) <i>IOP</i>	Teaches skills that are vital to staying in recovery from addictions; explore new ways of handling challenges involved with long-term sobriety and alternative behaviors to prevent drug and alcohol relapse.	Transwoman Healing Circle (Adults)	This talking circle is a safe space for transwomen and trans feminine folks to talk about experiences, needs, concerns and any other topics related to health and wellness. Topics fluctuate each week, though generally the group discusses safety and security, sex and sexuality, relationships, gender con-formation services and community issues in general.
Healthy Relationships (Adults) <i>IOP</i>	In this group, members explore the relationships in their life, including the relationships they have with themselves. We discuss the impact that our families of origin have had on our lives and on our current relationships. We also discuss codependency, sex and love addictions, and how to set healthy boundaries.	Bowling (Adults)	Focused on connecting with your community in a fun and interactive way! This is a great opportunity to engage with individuals who may come from a similar walk of life.
Seeking Safety (Adults) <i>IOP</i>	Seeking Safety is an evidence-based, present-focused counseling model to help people attain safety from trauma and/or substance abuse. It can be conducted in group and/or individual modality. It is an extremely safe model as it directly addresses both trauma and addiction, but without requiring clients to delve into the trauma narrative.	**I Thought It Was Just Me" Shame and Trauma (Referral Only)	This process group explores the work of Brene Brown and focuses on building self-love, belonging, resiliency and authenticity in recovery from PTSD. Questions that the group centers around include: What is shame? Can you recognize your shame triggers? What is shame resilience? Do you know the power of empathy? How do you want to be perceived? How do you cope? How do you disconnect from others? How can you reach out to people for help?
Parenting & Pathways (Adults) <i>IOP Elective</i>	This group utilizes the evidenced based model, STEP (Systematic Training for Effective Parenting), which provides valuable tools to improve communication among family members and lessens conflict. For DCS involved women, this group also teaches about effective communication, dependency rights and expectations for going through the system.	Healthy Sexuality (Adults) <i>IOP Elective</i>	Healthy Sexuality is a group that is focused on Your roots, the experiences that shaped you, your body, your desires, your identities, etc. This group will require a lot of processing and/or journal writing in a safe, inviting environment.
Domestic Violence (Adults)	This is a psycho-educational group facilitated by a therapist. This group focuses on the dynamics of domestic violence, systemic issues, raising awareness, learning alternatives to abusive behavior, changing our attitude toward all definitions of abuse, and the prevention of future violence. This group is open to both abusers, and those who have been, or are currently being abused. *This is not a certified DV course; check with probation/court orders prior to taking this group for legal purposes.		

