

COUNTRY CLUB GROUP CALENDAR

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Please note that if you are more than 5 minutes late for group you will not be able to attend. Please be on time.</i>					
9:00					
9:30	Women in Recovery (Kimberly-Roadrunner) <i>Women's Gender Specific</i> IOP 9:30-11:00AM	Domestic Violence (Katrina - Gila) <i>Women's Gender Specific</i> 9:30 – 11:00AM	**SMART (Leslie - 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	Substance Abuse Education (Juanita -Roadrunner) IOP 11:15AM – 12:30PM	Parenting & Pathways (Cynthia - Gila) 12:00 – 1:30PM	**Relapse Prevention (Katrina and Leslie-Roadrunner/Gila) IOP 11:30AM – 1:00PM	Domestic Violence (Amber - Gila) <i>Women's Gender Specific</i> 11:30AM – 1:00PM	Seeking Safety (Juanita - Gila) IOP 11:30AM – 1:00PM
11:30					
12:00					
12:30		Healthy Relationships (Kimberly - Gila Room) 1:30 – 3:00PM	Parenting & Pathways (Cynthia-Gila) IOP Elective 1:00 – 2:30PM		
1:00					
1:30					
2:00					
2:30					
3:00				*I Thought It Was Just Me. Shame & Trauma (SACASA) (Amber – Roadrunner) 3:00 – 4:30PM	
3:30					
4:00					
4:30		Seeking Safety (SACASA) (Amber – Roadrunner) 4:30 – 6:00PM	Kids' After School Blast! Ages 6-12 (Gila) 4:00-6:00pm	Seeking Safety – Family Ages 12+ (Amber - Roadrunner) 4:30 – 6:00PM	Kids' After School Blast! Ages 6-12 (Gila) 4:00-6:00pm
5:00					
5:30					



GROUP DESCRIPTIONS

IOP GROUPS	
Women in Recovery	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.
Seeking Safety	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.
Substance Abuse Education	This educational group 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, etc.
Healthy Relationships	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 additions and how to set healthy boundaries.
SMART Recovery (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.
Relapse Prevention	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.
Thinking for a Change (T4C)	T4C combines cognitive restructuring theory and cognitive skills theory to help individuals take control of their lives by taking control of their thinking (Bush, et al. 2011). Stresses interpersonal communication skills development and confronts thought patterns that can lead to problematic behaviors. The program has three components: cognitive self-change, social skills, and problem-solving skills.
ELECTIVE: Parenting & Pathways	This group utilizes the evidenced based model, STEP (Systematic Training for Effective Parenting), providing valuable tools to improve communication among family members and lessens conflict. For DCS involved women, this group also teaches about effective communication, dependency rights & expectations for going through the system.

*GROUPS FOR SEXUAL ASSAULT SURVIVORS	
*Seeking Safety	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	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?

MISCELLANEOUS GROUPS	
Healthy Relationships	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 additions and how to set healthy boundaries.
Domestic Violence – Women Only	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.
*Seeking Safety for Families – ages 12+	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.
Kids' After School Blast	Kids' After School Blast is a great alternative to day care , where kids will have the opportunity to learn positive homework habits, healthy eating, wellness, teamwork, coping skills for emotional regulation, and age appropriate interpersonal skills.

