



CODAC VIRTUAL RECOVERY & WELLNESS GROUPS (updated 9/16/20)

Please note that if you are more than 5 minutes late for group you will not be able to attend. Please be on time.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30						↑ Give Back (Paul) 8:00 – 10:00AM 380
9:00		Relapse Prevention (Atavia) 9:00 – 10:30AM 380		Seeking Safety (Melodie) 8:30 – 10:00AM 380		
9:30						
10:00			SMART (Katrina) 9:30 – 11:00A 380	Substance Use Education (Chelsea) 9:00 – 10:30AM 380	Beyond Anger Management (Oscar) 10:00 – 11:30AM 380	Road to Recovery (Tim) 10:00 – 11:00AM Alvernon
10:30		Anger Mgmt (Francisco) 10:00-11:00AM Cobblestone				
11:00	SMART Recovery (Justin) 11:00AM – 12:00PM Cobblestone			Self Esteem (Nancy) 11:00AM – 12:00PM Cobblestone	Starting 10/1/20 Diabetes Self-Management Support (Giselle) 11:00AM – 12:00PM Cobblestone	
11:30						
12:00	SMART Recovery (Jamie) 11:30AM – 12:30PM 380	SMART Recovery (Jordyn) 11:30AM – 12:30PM 380	Relapse Prevention (Katrina) 11:15 AM – 12:45 PM 380			Seeking Safety (Lauren) 11:30AM – 1:00PM Country Club
12:30					Parenting & Pathways (Cynthia) 12:00 – 1:30PM Country Club	
1:00	Relapse Prevention (Laura) 1:00 – 2:00PM Alvernon	Grief & Loss (Katrina) 12:45-2:15pm 380		Parenting & Pathways (Cynthia) 1:00 – 2:30 PM Country Club	New Member Orientation (Melodie) 1:00 –2:00PM 380	Substance Abuse Ed (Justin) 1-2PM Cobble-stone
1:30						
2:00		Women's IOP (Sonia) 1:00 – 4:00PM 380		Women's IOP (Sonia) 1:00 – 4:00PM 380	Parenting (Jamie) 2:00 –3:30PM 380	Women's IOP (Sonia) 1:00 – 4:00PM 380
2:30						
3:00						Healthy Relationships (Spencer) 3:30-4:30PM Cobblestone
3:30		Creative Journaling/ Writing in Recovery (Dora) 2:30 – 3:30PM Alvernon				
4:00	↓ Relapse Prevention (Jordyn) 5:00 – 6:30PM	Men's IOP (Jamie) 5:30 – 8:30PM	Healthy Relationships (Spencer) 3:30 – 4:30PM Cobblestone	↓ Men's IOP (Jamie) 5:30 – 8:30PM	↓ Anger Management (Francisco) 4:30 – 5:30PM	Men's IOP (Jamie) 5:30-8:30PM

These groups all take place using phone or video conferencing through Zoom.

To participate, you will need to contact someone on your treatment team and get a referral to attend. After referral/authorization, you will be provided with Zoom login info.

ANGER MANAGEMENT (Cobblestone): Learn what makes you angry and how to deal with frustration, irritation and anger before it builds up.

DOMESTIC VIOLENCE (380): Addresses taking the blame off the victim and places the accountability for abuse on the offender. Topics break down environmental factors of power and control and actively work to change societal conditions that support tactics of power and control

BEYOND ANGER MANAGEMENT (380): Beyond Anger Management provides insights, strategies, and techniques that help transform the all too often destructive anger we all experience into a positive source of energy that can enhance lives.

CREATIVE JOURNALING & WRITING IN RECOVERY (Alvernon): Love to write? Looking for ways to express yourself in writing and a place to share it that supports recovery? This is the group for you!

DIABETES SELF-MANAGEMENT SUPPORT (Cobblestone): Empowers members to work together to learn how to manage diabetes. Learn techniques to deal with symptoms of diabetes, exercises, healthy eating, appropriate use of diabetes medication, how and when to monitor glucose and problem solving when you're not feeling well.

DOMESTIC VIOLENCE (380): Addresses taking the blame off the victim and places the accountability for abuse on the offender. Topics break down environmental factors of power and control and actively work to change societal conditions that support tactics of power and control.

GRIEF AND LOSS (Country Club): Feelings of grief and loss can come about in many different scenarios, whether that is from quitting substances, losing a loved one, losing a job, or ending a relationship. This group focuses on ways to overcome those hard times life gives us.

HEALTHY CHOICES - Ages 12-17(Country Club): Using the University of Arizona's SIROW Hey curriculum, this group is an 8 week interactive curriculum that covers the topics of self-esteem, puberty, sexual/reproductive anatomy & physiology, HIV/AIDS, STIs, safer sex protection methods, relationships and communication.

HEALTHY RELATIONSHIPS (Cobblestone): 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. ***This group does not meet requirements for DCS case plans.**

MEN'S IOP (380): Intensive Outpatient Program for men in recovery from substance use disorders. Three hours of group, three times per week.

NEW MEMBER ORIENTATION (MAT/380): New members at CODAC's Medication Assisted Treatment program must attend this group to learn about the benefits and expectations of this program.

PARENTING & PATHWAYS (Country Club): 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.

PARENTING (380): STEP (Systematic Training for Effective Parenting) is a multicomponent parenting education curriculum. The three **STEP** programs help parents learn effective ways to relate to their children from birth through adolescence and helps parents change dysfunctional and destructive relationships with their children by offering concrete alternatives to abusive and ineffective methods of discipline and control.

RELAPSE PREVENTION (Alvernon, 380): 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.

ROAD TO RECOVERY (Alvernon): Learn to handle challenges involved with long-term sobriety and healthy alternatives to drugs and alcohol.

S.M.A.R.T. RECOVERY (Cobblestone, 380): Learn to live independent of addictive behaviors, coping with urges, managing thoughts, and to have a balanced recovery.

SEEKING SAFETY (380, Country Club): 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.

SELF-ESTEEM (Cobblestone): Change self-defeating thoughts and overcome self-doubt. Use affirming thoughts, enlarge possibilities, & have a positive self-image.

SUBSTANCE (AB)USE EDUCATION (Cobblestone, 380): 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.

THINKING FOR A CHANGE – Women Only (380): T4C combines cognitive restructuring theory and cognitive skills theory to help individuals take control of their lives by taking control of their thinking. It stresses communication skills & confronts thought patterns that can lead to problem behaviors.

WOMEN'S IOP (380): Intensive Outpatient Program for women in recovery from substance use disorders. Three hours of treatment, three times per week.

WOMEN'S SUPPORT (ALVERNON): A support group for CODAC members who identify as female.