

CODAC AT 380 GROUPS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
	<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>								
7:30	PEER/WRAP (Clemon) 7:30 – 9:00AM				SMART (Paul) 7:30 – 9:00AM	PEER/WRAP (Paul) 7:30-9:00	Early Recovery (Paul) 7:30 – 9:00AM		
8:00			Relapse Prevention (Melodie) 8:00 – 9:30AM	Healthy Relationships (Gil) 8:00 – 9:30AM				Men's IOP (Matt S) 8:00 – 11:00AM	Seeking Safety (Melodie) 8:45 – 10:15AM
8:30									
9:00	Mindfulness Based Relapse Prevention for Women (Vanessa) 9:00-10:30	Men's Thinking for Change (Oscar) 9:00 – 10:30AM	Men's IOP (Matt S) 8:00 – 11:00AM	Men's IOP/Family Education (Matt S) 8:00 – 11:00AM	SUD Education (Shelby) 9:00 – 10:00AM	WRAP/ Give Back to the Community (Paul) *alternating weekly 9:00 – 11:00AM			
9:30									
10:00								Men's DV: Power & Control (Lee) 10:00 – 11:30AM	Men's Warrior Within (Oscar) 10:00 – 11:30AM
10:30									
11:00	Men's Relapse Prevention (Oscar) 10:30 – 12:00PM								
11:30		SMART Recovery (Jamie) 11:30-12:30PM	SMART Recovery (Matt S) 11:30-12:30PM	SMART Recovery (Jamie) 11:30-12:30PM	SMART Recovery (Matt S) 11:30-12:30PM	SMART (Jamie) 11:30-12:30PM			
12:00			Mindfulness: A New Path For Pain Management (Lucy) 12:00 – 2:00PM		Mindfulness: A New Path for Pain Management (Lucy) 12:00 – 2:00PM	Beyond Anger and Violence For Women (Jessica) 12:30-2PM			
12:30									
1:00	**Desert Nest: New Moms Class (Kara) 1:00-2:00PM						MAT Orientation Group (Matt S) 1:30 – 2:30PM		
1:30									
2:00	Thinking for Change (Oscar) 2:00 – 3:30PM	Parenting (Cassandra) 2:00 – 3:30PM							
2:30									
3:00									
3:30									
4:00									
4:30									
5:00	Relapse Prevention (Cassandra) 5:00 – 6:30PM				**Celebrating Families! 3:30-6:45PM ↓				
5:30									
6:00		Men's IOP (Matt C) 5:30 – 8:30PM ↓	Men's IOP: Seeking Safety/ Family Ed (Jamie) 5:30 – 8:30PM	Women In Recovery (Liz) 5:30-7:00PM ↓		Men's IOP (Matt C) 5:30 – 8:30PM ↓			
6:30									
7:00									

** Referral Required; see RC or therapist.

Gender Specific Groups: Men's groups are for individuals who identify as male and focus on male-specific issues.
Women's groups are for individuals who identify as female and focus on female-specific issues

Updated 6/17/19

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