

# CODAC AT 380 – GROUP CALENDAR

	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>									
<b>7:30</b>	<b>PEER/WRAP</b> (Clemon) 7:30 – 9:00AM				<b>SMART</b> (Paul) 7:30 – 9:00AM	<b>#Early Recovery OR *Give Back to the Community</b> (Paul) 7:30 – 9:30AM # 1 <sup>st</sup> & 3 <sup>rd</sup> week *2 <sup>nd</sup> & 4 <sup>th</sup> week			
<b>8:00</b>									
<b>8:30</b>									
<b>9:00</b>	<b>Mindfulness Based Relapse Prevention for Women</b> (Vanessa) 9:00-10:30	<b>Men’s Thinking for Change</b> (Oscar) 9:00 – 10:30AM	<b>Men’s IOP</b> (Matt S) 8:00 – 11:00AM	<b>Healthy Relationships</b> (Gil) 8:00 – 9:30AM	<b>Men’s IOP</b> (Matt S) 8:00 – 11:00AM	<b>Seeking Safety</b> (Melodie) 8:45 – 10:15AM			
<b>9:30</b>									
<b>10:00</b>									
<b>10:30</b>	<b>Men’s Relapse Prevention</b> (Oscar) 10:30 – 12:00PM		<b>Men’s DV: Power &amp; Control</b> (Lee) 10:00 – 11:30AM	<b>Men’s Warrior Within</b> (Oscar) 10:00 – 11:30AM	<b>Men’s Anger Management</b> (Oscar) 10:00 – 11:30AM	<b>Bowling</b> (Clemon) 10:00- 12:30PM			
<b>11:00</b>									
<b>11:30</b>									
<b>12:00</b>		<b>SMART</b> (Jamie) 11:30-12:30PM	<b>SMART</b> (Vanessa) 11:30-12:30PM	<b>SMART</b> (Jamie) 11:30-12:30PM	<b>SMART</b> (Vanessa) 11:30-12:30PM	<b>SMART</b> (Jamie) 11:30-12:30PM			
<b>12:30</b>									
<b>1:00</b>	<b>**Desert Nest: New Moms Class</b> (Kara) 1:00-2:00PM		<b>Mindfulness: A New Path</b> (Lucy) 12:30 – 2:00PM		<b>Mindfulness: A New Path</b> (Lucy) 12:30 – 2:00PM				
<b>1:30</b>									
<b>2:00</b>	<b>Thinking for Change</b> (Oscar) 2:00 – 3:30PM			<b>Maintaining Outside the Gates</b> (Marnie) 1:30-2:30PM	<b>MAT Orientation Group</b> (Matt S) 1:30 – 2:30PM				
<b>2:30</b>									
<b>3:00</b>									
<b>3:30</b>									
<b>4:00</b>									
<b>4:30</b>									
<b>5:00</b>	<b>Relapse Prevention</b> (Paul) 5:00 – 6:30PM				<b>**Celebrating Families!</b> 3:30-6:45PM *Next round in January 2020				
<b>5:30</b>									
<b>6:00</b>									
<b>6:30</b>		<b>Men’s IOP</b> (Matt C) 5:30 – 8:30PM ↓	<b>Men’s IOP: Seeking Safety/ Family Ed</b> (Jamie) 5:30 – 8:30PM ↓	<b>Men’s IOP</b> (Matt C) 5:30 – 8:30PM ↓					



380 E. Ft. Lowell Road | Tucson, AZ 85705 | Phone: (520) 202-1786

\*\* 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. | Updated 10/01/19  
Women’s groups are for individuals who identify as female and focus on female-specific issues