

CODAC VIRTUAL RECOVERY & WELLNESS GROUPS (updated 4/15/20)

	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				MAT Orientation Group (Vanessa) 7:30 – 8:30AM 380			
8:00							
8:30							
9:00							
9:30							
10:00	Relapse Prevention (Carter) 10:00 – 11:30PM 380			SMART (Katrina) IOP 9:30 – 11:00A Country Club	Thinking for a Change (Juanita) <i>Women's Gender Specific</i> 9:30 – 11:00AM Country Club	Anger Management (Oscar) 10:30AM – 12:00PM 380	Road to Recovery (Tim) 10:00 – 11:00AM Alvernon
10:30							
11:00		SMART Recovery (Justin) 11:00AM – 12:00PM Cobblestone	Substance Abuse Education (Juanita) IOP 11:15AM – 12:30PM Country Club				
11:30			SMART Recovery (Jamie) 11:30 – 12:30PM 380	Relapse Prevention (Katrina) IOP 11:15 AM – 12:45 PM Country Club			Seeking Safety (Lauren) IOP 11:30AM – 1:00PM Country Club
12:00					Parenting & Pathways (Cynthia) 12:00 – 1:30PM Country Club		
12:30							
1:00		Grief & Loss (Katrina) IOP Elective 12:45-2:15pm Country Club		Recovery Unlimited (Jessica) 1:00 – 2:00 PM Alvernon	Parenting & Pathways (Cynthia) IOP Elective 1:00 – 2:30 PM Country Club	Building Communication (Jessica) 1:00 – 2:00 PM Alvernon	Substance Abuse Education (Justin) 1:00 – 2:00PM Cobblestone
1:30							
2:00	Women's Support (Dora) 2:00 – 3:00PM Alvernon						
2:30			Creative Journaling & Writing in Recovery (Dora) 2:30 – 3:30PM Alvernon				
3:00				Healthy Choices Ages 12-17 (Autumn) 3:00-4:00pm Country Club			
3:30			Healthy Relationships (Spencer) 3:30-4:30PM Cobblestone		Parenting (Laura) 3:30 – 5:00 PM Alvernon		
4:00							

During the COVID-19 Pandemic, 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.

