



CODAC VIRTUAL RECOVERY & WELLNESS GROUPS (updated 7/8/20)

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 | | | | Seeking Safety (Melodie) 8:30 – 10:00AM 380 | | |
| 9:00 | | Relapse Prevention (Atavia) 9:00 – 10:30AM 380 | | | | |
| 9:30 | | | | | Substance Use Education (Chelsea) 9:00 – 10:30AM 380 | |
| 10:00 | | Anger Mgmt (Francisco) 10:00-11:00AM Cobblestone | SMART (Katrina) IOP 9:30 – 11:00A Country Club | Thinking for a Change (Juanita) Women's Gender Specific 9:30 – 11:00AM Country Club | Beyond Anger Management (Oscar) 10:00 – 11:30AM 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 (Jordyn) 11:30AM – 12:30PM 380 | Relapse Prevention (Katrina) IOP 11:15 AM – 12:45 PM Country Club | Self Esteem (Nancy) 11:00AM – 12:00PM Cobblestone | | |
| 12:00 | SMART Recovery (Jamie) 11:30AM – 12:30PM 380 | | | | | |
| 12:30 | | | Parenting & Pathways (Cynthia) 12:00 – 1:30PM Country Club | | | Relapse Prevention (Paul) 12:00 – 1:30PM 380 |
| 1:00 | Relapse Prevention (Laura) 1:00 – 2:00PM Alvernon | 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 | Women's IOP (Sonia) 1:00 – 4:00PM 380 | |
| 1:30 | | | | Building Communication (Jessica) 1:00 – 2:00 PM Alvernon | New Member Orientation (Melodie) 1:00 – 2:00PM 380 | Substance Abuse Ed (Justin) 1-2PM Cobblestone |
| 2:00 | | | | | | |
| 2:30 | | 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 | |
| 3:00 | | Creative Journaling/ Writing in Recovery (Dora) 2:30 – 3:30PM Alvernon | Healthy Choices Ages 12-17 (Autumn) 3:00-4:00pm Country Club | | | |
| 3:30 | | Healthy Relationships (Spencer) 3:30-4:30PM Cobblestone | | | | |
| 4:00 | Relapse Prevention (Paul) 5:00 – 6:30PM | Men's IOP (Jamie) 5:30-8:30PM | Men's IOP (Jamie) 5:30-8:30PM | 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.



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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.

BUILDING COMMUNICATION (Alvernon): Learn the essentials for building healthy relationships in your life. You will learn how to establish healthy boundaries and improve communication skills.

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!

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.

RECOVERY UNLIMITED (Alvernon): Learn about recovery through a variety of engaging techniques including worksheets, art, games, feedback & visualization.

RELAPSE PREVENTION (Alvernon, 380, MCAS): 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, MCAS): 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, MCAS): 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 (MCAS): 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.