

Day	Time	Group
1-Monday	9:00-10:00a	Life Skills
1-Monday	11:00-12:00	Emotional Wellness (Starting 6/22)
1-Monday	12:00-1:00p	Communication & Conflict Resolution
1-Monday	5:00-6:00p	Early Recovery Skills
2-Tuesday	9:00-10:00a	Healthy Relationships
2-Tuesday	12:00-1:00p	Open Topic
2-Tuesday	5:00-6:00p	Cognitive Behavioral Therapy
3-Wednesday	9:00-10:00a	Living In Balance
3-Wednesday	11:00-12:00p	Relapse Prevention Skills
3-Wednesday	1:00-2:00p	Good Grief
3-Wednesday	5:00-6:00p	Open Topic
4-Thursday	9:00-10:00a	Healthy Boundaries
4-Thursday	12:00-1:00p	Coping Skills
4-Thursday	5:00-6:00p	Relapse Prevention Skills
5-Friday	9:00-10:00a	Recovery in the Community
5-Friday	12:00-1:00p	Emotional Wellness
5-Friday	2:00-3:00p	Life Skills