|  |  |  |  |
| --- | --- | --- | --- |
|  |  | **Adult** | **Adolescent** |
| **Monday** |  |  |  |
|  | 10 am | Veterans Group (Mike) |  |
|  | 2-5 pm | IOP Daytime (Mike) |  |
|  | 5-6 pm | DOC: Living in Balance (Lauren) | Life Skills Group -TAY (Karim) |
|  | 6-7 pm | Mot. To Change (Lauren) |  |
|  | 7-8 pm | Stages of Change (Karim) |  |
|  | 5-8 pm | IOP Evening (Susan) |  |
|  |  |  |  |
| **Tuesday** |  |  |  |
|  | 11 am | Unlocking Your Thinking (Lauren) |  |
|  | 4-5 pm | DOC: Beyond Essentials (Stephanie) |  |
|  | 5-6 pm | Spanish-Speaking (Karim) | TAY/IOP (Mike) |
|  | 6-7 pm | Relapse Prevention (Karim) | Unlocking Your Thinking/IOP (Mike) |
|  | 7-8 pm | Unlocking Your Thinking DUI (Karim) | IOP hour 3 (Mike) |
|  | 5-8 pm | IOP (Tim) |  |
|  |  |  |  |
| **Wednesday** | 11 am | Integrated CBT (Lauren) |  |
|  | 2-3 pm | DOC: Coping Skills for Life (Lauren) |  |
|  | 2-5pm | IOP Daytime (Stephanie) |  |
|  | 5-6pm | Helping Women Recover (Susan) | Anger Management/IOP (Mike) |
|  | 6-7pm | Stepping Into Recovery (Susan) | Relapse Prevention/IOP (Mike) |
|  | 7-8pm | Helping Men in Recovery (Susan) | Co-Occurring/IOP (Mike) |
|  |  |  |  |
| **Thursday** | 11am | Codependency/Seeking Safety (Lauren) |  |
|  | 2-5 pm | IOP Daytime (Mike) |  |
|  | 5-6pm |  | TAY/IOP (Stephanie) |
|  | 6-7pm | Stepping into Recovery (Susan) | IOP Hour 2 (Stephanie) |
|  | 7-8pm | DOC: Thinking For A Change (Susan) | Stages of Change/IOP (Stephanie) |
|  | 5-8pm | IOP Evening (Tim) |  |
|  |  |  |  |
| **Saturday** |  |  |  |
|  | 10-11 am | DOC: Seeking Safety (Stephanie) |  |
|  | 11a-12p | DOC: CBT Interventions (Lauren) |  |