



## IOP WEEKLY SCHEDULE 2016

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p><u>10:00-11:00am</u></p> <p><u>“Women’s Group”</u></p> <p>-----</p> <p><u>“Men’s Group”</u></p>		<p><u>10:00-11:00am</u></p> <p><u>“Mindfulness” Group</u></p> <p>-----</p> <p><u>10:00-11:00am</u></p> <p><u>“Acupuncture” Group</u> <i>(1<sup>st</sup>/3<sup>rd</sup> Wednesdays)</i></p> <p>-----</p> <p><u>10:00-11:00am</u></p> <p><u>“Healing Core Pain”</u> <u>Group</u> <i>(2<sup>nd</sup>/4<sup>th</sup> Wednesdays)</i></p>		<p><u>10:00-11:00am</u></p> <p><u>“Living Sober”</u> <u>Group</u></p> <p>-----</p> <p><u>10:00-11:00am</u></p> <p><u>“Surviving</u> <u>Sobriety”</u></p> <p>-----</p> <p><u>8:45-10:30am</u></p> <p><u>Multi-Family</u> <u>Group</u> <i>(The Last Friday of the Month)</i></p>
<p><u>11:15- 12:15pm</u></p> <p><u>“It’s Where I Come</u> <u>From” Group A</u></p> <p>-----</p> <p><u>11:15- 12:15pm</u></p> <p><u>“Reaching for</u> <u>Recovery” Group B</u></p>		<p><u>11:15- 12:15pm</u></p> <p><u>“Creative Expressions</u> <u>Group” A</u></p> <p>-----</p> <p><u>11:15- 12:15pm</u></p> <p><u>“Reaching for</u> <u>Recovery” Group B</u></p>		<p><u>11:15-12:15pm</u></p> <p><u>“Principles of</u> <u>Expression”</u> <u>Group</u></p> <p>-----</p> <p><u>11:15-12:15pm</u></p> <p><u>“Principles in</u> <u>Action”</u></p>
<p><u>12:30-1:30pm</u></p> <p><u>“Reaching for</u> <u>Recovery” Group A</u></p> <p>-----</p> <p><u>12:30-1:30pm</u></p> <p><u>“It’s Where I Come</u> <u>From” Group B</u></p>		<p><u>12:30-1:30pm</u></p> <p><u>“Creative Expressions”</u> <u>Group B</u></p> <p>-----</p> <p><u>12:30-1:30pm</u></p> <p><u>“Digging In” Group A</u></p>		<p><u>12:30-1:30pm</u></p> <p><u>“Anything Goes”</u> <u>Group</u></p> <p>-----</p> <p><u>12:30-1:30pm</u></p> <p><u>“Jumping into</u> <u>Recovery”</u></p>

Each client has 1 therapy session/1 chemical dependency counseling session per week. Those sessions will be scheduled between the counselors/therapists and the clients. Mandatory monthly multi-family groups are the last Friday of every month.