

MONDAY

9:30am: Coping with Codependency

10:30am: Women's DV
"Battered not Broken"

11:30am: Art Therapy

12:30pm: Lunch Meeting

1:30pm: Mental Health

2:30pm: Loving an Addict

3:30pm: Teen Group (13-17)

4:30pm: Guided Meditation

5:30pm: Life Skills

TUESDAY

9:30am: Recovery Circle

10:30am: Relapse Prevention

11:30am: Grief and Loss

12:30pm: Lunch Meeting

1:30pm: 12 Step Recovery

2:30pm: Mental Health (Peer Led)

3:30pm: Parental Support & Self-Care

4:30pm: Holistic Wellness Support
(1st & 3rd)

4:30pm: Veteran's Group (2nd & 4th)

5:30pm: 12 Step Recovery

WEDNESDAY

9:30am: Health & Wellness

10:30am: Mental Health (Peer Led)

11:30am: Mom's & Women's Group

11:30am: Men's Group

12:30pm: Lunch Meeting

1:30pm: 12 Step Recovery

2:30pm: Anger Management

3:30pm: Men's DV Group

4:30pm: Life Skills

5:30pm-6:00pm: Dad's Hangout

6:00pm: Father Engagement

THURSDAY

9:30am: Check-In Group

10:30am: Relationship Group

11:30am: Emotional Trauma Support
(PTSD)

12:30pm: Lunch Meeting

1:30pm: 12 Step Recovery

2:30pm: Bible Devotion

3:30pm: Young Adults Group (18-26)

4:30pm: Art Therapy

5:30pm: LGBTQIA+ Alliance/Support

FRIDAY

9:30am: Check-In Group

10:30am: Relapse Prevention

11:30am: Mom's and Women's Group

11:30am: Men's Group

12:30pm: Lunch Meeting

1:30pm: 12 Step Recovery

2:30pm: Friday Game Day

3:30pm: Aging with Grace

4:30pm: 12 Step Recovery

5:30pm: Parents with Kids in
Active Addiction