

Weekly Group Schedule 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning		<ul style="list-style-type: none"> * Anger / Depression Management * Connections: Creating Support in Long-Term Recovery * Dance and Movement Therapy * Expressive Bookmaking * Thinking for a Change 	<ul style="list-style-type: none"> * Addictions, Triggers & Patterns * An Expression of Grief and Loss * High Level Wellness * Learning to be Fearless: Developing Resiliency and Healing Shame 	<ul style="list-style-type: none"> * Career Development * Strides: An Exploration * The Art Of Communication 	<ul style="list-style-type: none"> * ACT in Recovery * An Expression of Grief and Loss * Appreciating Music * Journaling In Recovery * Origins And Addiction * Self-Esteem Group 	<ul style="list-style-type: none"> * Community and Career Exploration * Current Events * Mindfulness-Based Cognitive Therapy for Depression * Seeking Safety Mens Group * Seeking Safety Womens Group 	<ul style="list-style-type: none"> * Anger Management * Connected Community: Living in Intentional Sobriety
Afternoon	<ul style="list-style-type: none"> * Journaling In Recovery 	<ul style="list-style-type: none"> * A Mindful Approach to Healthy Eating * Hiking * Mindfulness-Based Relapse Prevention * Recovery Enhancement * Team Building & Leadership Skills 	<ul style="list-style-type: none"> * Art Therapy * Living in Balance: Moving from a Life of Addiction to a Life of Recovery * Music Therapy * WRAP for COD * Writing/Poetry Therapy 	<ul style="list-style-type: none"> * Actualizing Self Care * DBT Skills Training for Recovery * Exploring Santa Barbara * Exploring Your World Through Film * Recovery through Art 	<ul style="list-style-type: none"> * Anger Management * DBT Psychosocial Skills Training * Reflections: Myths/Fables Group * Relationship Skills * Stress Management 	<ul style="list-style-type: none"> * Healing Through Nature and the Arts * Women's Group 	
Evening			<ul style="list-style-type: none"> * Advanced DBT Psychosocial Skills Training * Multifamily Group 	<ul style="list-style-type: none"> * Anger Management * Smoking Cessation * The Overcomers: Veterans in Recovery 			