



PSYCHO-EDUCATION
GROUP SCHEDULE

1010 South Main St. 508-235-5010

Week of January 14, 2019 – January 18, 2019

Monday, Jan 14th	Group Topic	Clinician
6:30 am – 7:30 am	Hot Topic	Terri
7:30 am- 8:30 am	Benzodiazepine’s and You	Deb
8:30 am – 9:30 am	Maintaining Long Term Recovery	Brad
9:30 am – 10:30 am	Grief & Loss	Chichi
10:30 am- 11:30 am	Now What	Frances
12:30 pm- 1:30 pm	Meditation	Charlie
1:30 pm – 2:30 pm	Anger Management	Diana
4:30 pm- 5:30 pm	Trigger Exercise	John
Tuesday, Jan 15th		
8:30 am – 9:30 am	Maintaining Long Term Recovery	Brad
9:30 am- 10:30 am	Meditation	Charlie
10:30 am- 11:30 am	Reprogramming your thoughts to enhance recovery	Frances
11:30 am- 12:30 pm	Healthy Relationships	Chichi
12:30 pm- 1:30 pm	Hot Topic	Terri
1:30 pm- 2:30 pm	Tapes & Encounters	Diana
3:00 pm- 4:00 pm	Recovery Process	John
Wednesday, Jan 16th		
6:30 am- 7:30 am	Orientation (closed group)	Frances
7:30 am- 8:30 am	Recovery 101	Terri
8:30 am – 9:30 am	Distorted Thinking, “What it looks like”	Deb
9:30 am- 10:30 am	Relapse Prevention	Diana
10:30 am – 11:30 am	Orientation (closed group)	Frances
Thursday, Jan 17th		
6:30 am- 7:30 am	Men’s Group	Frances
6:30 am- 7:30 am	Grief & Loss	Chichi
8:30 am – 9:30 am	Thoughts, Emotions, Behaviors	Brad
9:30 am – 10:30 am	Anxiety Education Management	Liz
10:30 am – 11:30 am	Introduction to Methadone	John
11:30 pm – 12:30 pm	Meditation	Charlie
12:30pm- 1:30 pm	Recovery 101	Terri
2:00 pm – 3:00 pm	Tapes & Encounters	Diana
Friday, Jan 18th		
6:30 am – 7:30 am	Hot Topic	Terri
7:30 am – 8:30 am	Wellness Group	Deb
8:30 am- 9:30 am	The Identified Patient	John
9:30 am- 10:30 am	Meditation	Charlie
10:30 am- 11:30 am	Co-Occurring Disorders/ Family Dynamics	Brad
12:30 pm- 1:30 pm	Expressive Arts Therapy	Liz
1:30 pm- 2:30 pm	How can I relate to my family?	Diana