



**PSYCHO-EDUCATION  
GROUP SCHEDULE**

1010 South Main St. 508-235-5010

Week of September 9, 2019 – September 13, 2019

| <b>Monday, Sept 9<sup>th</sup></b>     | <b>Group Topic</b>                          | <b>Clinician</b> |
|--|---|------------------|
| 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                     | How to build a wellness tool box            | Frances          |
| 12:30 pm- 1:30 pm                      | Meditation                                  | Charlie          |
| <b>EVENING:</b>                        |   |                  |
| 4:30 pm- 5:30 pm                       | Trigger Exercise                            | John             |
| <b>Tuesday, Sept 10<sup>th</sup></b>   |   |                  |
| 8:30 am – 9:30 am                      | Relapse Prevention                          | Brad             |
| 9:30 am- 10:30 am                      | Meditation                                  | Charlie          |
| 10:30 am- 11:30 am                     | Prevent Relapse the NA 12 Step Way          | Frances          |
| 11:30 am- 12:30 pm                     | Healthy Relationships                       | Chichi           |
| 2:30 pm- 3:30 pm                       | Tapes & Encounters                          | Diana            |
| 3:00 pm- 4:00 pm                       | Recovery Process                            | John             |
| <b>Wednesday, Sept 11<sup>th</sup></b> |   |                  |
| 6:30 am- 7:30 am                       | Orientation Refresher                       | Frances          |
| 8:30 am – 9:30 am                      | Distorted Thinking, “What it looks like”    | Deb              |
| 9:30 am- 10:30 am                      | How to get and keep take homes              | Diana            |
| 10:30 am – 11:30 am                    | Life Skills that with enhance your recovery | Frances          |
| 10:30 am- 11:30 am                     | Cessation                                   | Miss B.          |
| <b>Thursday, Sept 12<sup>th</sup></b>  |   |                  |
| 6:30 am- 7:30 am                       | Holistic Wellness to prevent release        | Frances          |
| 7:30 am- 8:30 am                       | Recovery 101                                | Terri            |
| 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                    | Medication Assisted Treatment               | John             |
| 11:30 pm – 12:30 pm                    | Relapse Prevention                          | Charlie          |
| 2:00 pm – 3:00 pm                      | Tapes & Encounters                          | Diana            |
| <b>Friday, Sept 13<sup>th</sup></b>    |   |                  |
| 6:30 am – 7:30 am                      | Relapse Prevention                          | Terri            |
| 7:30 am – 8:30 am                      | Wellness                                    | 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             |
| 12:00 pm- 1:00 pm                      | Women's Group                               | Liz              |
| 1:30 pm- 2:30 pm                       | How can I relate to my family?              | Diana            |



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