



S Y N E R G Y
COUNSELING CENTER

Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING EDUCATION	Mindfulness for Addiction 9:30-11:00am <i>Kristal</i>	What Do I Do Now? (MRT) 9:30-11:00am <i>Marla</i>	Self-Esteem 9:30-11:00am <i>Kristin</i>	Grief and Loss in Recovery 9:30-11:00am <i>Marla</i>	Healthy Relationships 9:30-11:00am <i>Lacey</i>
PROCESS GROUP	Process Group 11:00am-12:30pm <i>Kristal</i>	Process Group 11:00am-12:30pm <i>Marla</i>	Process Group 11:00am-12:30pm <i>Kristin</i>	Process Group 11:00am-12:30pm <i>Marla</i>	Process Group 11:00am-12:30pm <i>Lacey</i>
AFTERNOON EDUCATION				Connections (Shame Resilience) 1:00-2:30pm <i>Kristal</i>	
PROCESS GROUP		Recovery Maintenance & Coping Skills 2:30-4:30pm <i>Rhonda</i>		Process Group 2:30-4:00pm <i>Kristal</i>	
EVENING	Positive Psychology (Happiness) 5:30-7:00pm <i>Mattracea</i> Process Group 7:00-8:30pm <i>Mattracea</i> Co-Parenting Compassionately (once monthly)	SMART Recovery Support Group 5:30-6:30pm <i>Dan</i> _____ SMART Friends & Family Support Group 5:30-6:30pm <i>Mark</i> _____	DBT Skills 5:30-7:00pm <i>Lacey</i> Process Group 7:00-8:30pm <i>Lacey</i>	Co-occurring Disorders & Experiential Coping Skills 5:30-7:00pm <i>Kristin</i> Process Group 7:00-8:30pm <i>Kristin</i>	