

Weekly Schedule

(MODIFIED FOR COVID-19 SOCIAL DISTANCING PRECAUTIONS)

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING EDUCATION	Mindfulness for Addiction 9:30-11:00am <i>Kristal (SCC101)</i> IN PERSON & ONLINE*	What Do I Do Now? (MRT) 9:30-11:00am <i>Marla (SCC112)</i> ONLINE* ONLY	Self-Esteem 9:30-11:00am <i>Kristin (SCC104)</i> IN PERSON & ONLINE*	Grief and Loss in Recovery 9:30-11:00am <i>Marla (SCC112)</i> ONLINE* ONLY	Healthy Relationships 9:30-11:00am <i>Lacey (SCC113)</i> IN PERSON & ONLINE*
PROCESS GROUP	Process Group 11:00am-12:30pm <i>Kristal (SCC101)</i> IN PERSON & ONLINE*	Process Group 11:00am-12:30pm <i>Marla (SCC112)</i> ONLINE* ONLY	Process Group 11:00am-12:30pm <i>Kristin (SCC104)</i> IN PERSON & ONLINE*	Process Group 11:00am-12:30pm <i>Marla (SCC112)</i> ONLINE* ONLY	Process Group 11:00am-12:30pm <i>Lacey (SCC113)</i> IN PERSON & ONLINE*
AFTERNOON EDUCATION/ PROCESS		Recovery Maintenance & Coping Skills 2:30-4:30pm <i>Rhonda (SCC110)</i> IN PERSON & ONLINE*		Connections (Shame Resilience) 1:00-2:30pm <i>Kristal (SCC101)</i> IN PERSON & ONLINE* Process Group 2:30-4:00pm <i>Kristal (SCC101)</i> IN PERSON & ONLINE*	
EVENING	Positive Psychology (Happiness) 5:30-7:00pm <i>Mattracea (SCC102)</i> ONLINE* ONLY Process Group 7:00-8:30pm <i>Mattracea (SCC102)</i> ONLINE* ONLY Co-Parenting Compassionately (once monthly) ONLINE* ONLY	SMART Recovery Support Group 5:30-6:30pm <i>Dan</i> ONLINE** ONLY <hr/> SMART Friends & Family Support Group 5:30-6:30pm <i>Mark</i> TEMPORARILY SUSPENDED <hr/>	DBT Skills 5:30-7:00pm <i>Lacey (SCC113)</i> ONLINE* ONLY Process Group 7:00-8:30pm <i>Lacey (SCC113)</i> ONLINE* ONLY	Co-occurring Disorders & Experiential Coping Skills 5:30-7:00pm <i>Kristin (SCC104)</i> IN PERSON & ONLINE* Process Group 7:00-8:30pm <i>Kristin (SCC104)</i> IN PERSON & ONLINE*	

*INSTRUCTIONS FOR ONLINE TELEHEALTH GROUP LOGIN: Our groups, as with our individual sessions, are being held via synergy.doxy.me. You will access the correct group room by typing the following web address and adding the room number, indicated above in parenthesis next to the facilitator's name. For example, <https://synergy.doxy.me/SCC110> will take you to Rhonda's group room.

**SMART Recovery is being held online. Login at <https://www.smartrecovery.org/>.