

All groups are held on-site **EXCEPT** prosocial events
 Van transportation is available to specified programs
 Fishing Rod Group is pro-social at P2P
 IOP requires a pre-authorization before attending

October 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------|--|--|--|---|--|--|
| 29 Parenting Group 2-4pm | 30 OP: 11-1pm EOP: 4-6pm | 1 Life Skills 11-1pm ACT 11 – 1 pm Open Forum 5:30 to 7:30 IOP: 3-6pm | 2 Clinical Skills 11-1pm MRT: 11-1pm CBT Skills 1-3pm Meditation 4-6pm IOP: 3-6pm Fishing: 5:50-7:30pm | 3 Spiritual Group 5:30- 7:30pm IOP: 3-6pm | 4 EOP: 4-6pm Sober Underground* | 5 Bowling* Art Group* |
| 6 Parenting Group 2-4pm | 7 OP: 11-1pm MRT: 3:30 – 5:30pm EOP: 4-6pm | 8 Life Skills 11-1pm Botanical Gardens 9 – 2pm ACT 11 – 1 pm Open Forum 5:30 to 7:30 IOP: 3-6pm | 9 Clinical Skills 11-1pm CBT Skills 1-3pm Meditation 4-6pm IOP: 3-6pm Fishing: 5:50-7:30pm | 10 Spiritual Group 5:30- 7:30pm IOP: 3-6pm | 11 EOP: 4-6pm Sober Underground* | 12 Bowling* Art Group* Serenity Stables** |
| 13 Parenting Group 2-4pm | 14 OP: 11-1pm MRT: 3:30 – 5:30pm EOP: 4-6pm | 15 Life Skills 11-1pm ACT 11 – 1 pm Open Forum 5:30 to 7:30 IOP: 3-6pm | 16 Clinical Skills 1-3pm CBT Skills 1-3pm Meditation 4-6pm Fishing: 5:50-7:30pm | 17 Spiritual Group 5:30- 7:30pm IOP: 3-6pm | 18 EOP: 4-6pm Sober Underground* | 19 Bowling* Art Group* |
| 19 Parenting Group 2-4pm | 20 OP: 11-1pm MRT: 3:30 – 5:30pm EOP: 4-6pm | 21 Life Skills 11-1pm ACT 11 – 1 pm Open Forum 5:30 to 7:30 IOP: 3-6pm | 22 Clinical Skills 11-1pm CBT Skills 1-3pm Meditation 4-6pm IOP: 3-6pm Fishing: 5:50-7:30pm | 23 Spiritual Group 5:30- 7:30pm IOP: 3-6pm | 24 EOP: 4-6pm Sober Underground* | 25 Bowling* Art Group* |
| 26 Parenting Group 2-4pm | 27 OP: 11-1pm MRT: 3:30 – 5:30pm EOP: 4-6pm | 28 Life Skills 11-1pm ACT 11 – 1 pm Open Forum 5:30 to 7:30 IOP: 3-6pm | 29 CBT Skills 1-3pm Meditation 4-6pm IOP: 3-6pm Fishing: 5:50-7:30pm | 30 Spiritual Group 5:30- 7:30pm IOP: 3-6pm | 31 EOP: 4-6pm Sober Underground* | 1 Bowling* Art Group* |

****SERENITY STABLES**

VARIABLES ON AVAILABILITY
 10:00AM TO 2:00PM
 CAN ONLY ATTEND ONCE
 PEER COACH TRANSPORT**

SOBER UNDERGROUND

Friday Evening Pro Social
 7:30pm to 9:30pm
 Peer Coach Transport

BOWLING @ BOWLERO

Saturday Evening Pro Social
 6:30pm to 9:30pm
 Peer Coach Transport

ART IN RECOVERY

Art therapy at Redline Art Studio
 Saturday Day group
 3pm to 5pm
 Peer Coach Transport