

## KTS GROUP SCHEDULE 9/1/22

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5-6				<b>Stress Reduction</b> Arturo		
6-7	<b>Motivation and Affirmations</b> Debra	<b>Meditation</b> Haifa	<b>Relapse Prevention</b> Cecil	<b>Meditation</b> Haifa	<b>Relapse Prevention</b> Alicia	<b>Relapse Prevention</b> Alicia
7-8	<b>Anger Management</b> Debra	<b>Covid 19 and other Infectious Diseases</b> Volodymyr	<b>Smoking Cessation</b> Volodymyr	<b>Relapse Prevention</b> Volodymyr	<b>Recovery Process</b> Volodymyr	<b>Additional Education Group</b> Alicia
8-9	<b>Relapse Prevention</b> Volodymyr	<b>Journey of Recovery</b> Haifa	<b>Meditation</b> Debra	<b>Life Skills</b> Debra	<b>Coping Skills</b> Haifa	
9-10	<b>New Patient Orientation</b> Cecil	<b>Stages of Change</b> Cecil	<b>New Patient Orientation</b> Cecil	<b>Journey of Recovery</b> Haifa	<b>Men's Group</b> Cecil	
10-11	<b>Bracing for Change</b> Karen	<b>Recovery Support</b> Karen	<b>Developing Sober Support</b> Karen	<b>SMART Recovery Goals</b> Karen	<b>Empowering Women</b> Karen	
11-12	<b>Effects of Emotions</b> Arturo	<b>Journey of Recovery</b> Arturo	<b>Internal/ External Triggers</b> Arturo	<b>CLOSED</b> <b>At 11am on Thursdays</b>	<b>Conflict Resolution</b> Arturo	
12-1		<b>Dealing with Guilt and Shame or other Triggers</b> Alicia			<b>Preventing other Addictions</b> Alicia	

DUE TO COVID-19 ALL GROUP COUNSELING SESSIONS ARE TELEPHONIC

**PHONE: 267-930-4000**

**ENTER CODE: 055-099-895#**

Group members must be on time and stay for the entire duration of the group to receive group credit. If you arrive later than 5 minutes after the start time of the group, you will be asked to attend the next available group.

**Groups are mandatory**

**Step 1 = 1 group each week (HOLDS will be placed on Fridays if group has not been attended)**

**Step 2, 4, 6, 13 and 27 = 1 group per Month (Expectation is prior to 21<sup>st</sup> of each month)**