**KTS GROUP SCHEDULE  
11/15/2021**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 5-6 |  |  |  | **Stress Reduction**  Theresa |  |  |
| 6-7 | **Motivation and Affirmations**  Debra | **Life Skills**  Haifa | **Coping Skills**  Haifa | **Journey of Recovery**  Haifa |  | **Relapse**  **Prevention**  Theresa |
| 7-8 |  | **Covid 19**  Volodymyr | **Smoking Cessation**  Volodymyr | **Relapse Prevention**  Volodymyr |  | **Additional**  **Education**  **Group**  Theresa |
| 8-9 |  |  | **Meditation**  Debra | **Life Skills**  Debra | **Meditation**  Debra |  |
| 9-10 | **What IS Working?**  Cecil | **Relapse Prevention**  Cecil | **Stages of Change**  Cecil |  | **Men’s Group**  Cecil |  |
| 10-11 |  | **Recovery Support**  Karen |  | **SMART Recovery**  **Goals**  Karen | **Empowering**  **Women**  Karen |  |
| 11-12 | **Effects of emotions**  Arturo |  | **Internal/**  **External**  **Triggers**  Arturo |  | **Conflict**  **Resolution**  Arturo |  |
| 12-1 |  |  |  |  | **Preventing other addictions**  Theresa |  |

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.