**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.