

**KWAWACHEE BEHAVIORAL HEALTH & WELLNESS**

**GROUP SCHEDULE**

**We value everyone's time-please be on time for group sessions. Late arrivals require prior approval from a counselor**

**WEEK 4/6/26-4/10/26**

Topic or Process	<b>VIRTUAL GROUP SIGN-UP MUST BE DONE 1 HOUR BEFORE THE GROUP STARTS.</b>	Staff
	Monday 04/6/26	
9:00AM-11:30AM	IN PERSON GROUP (2.5 HOURS) TOPIC: IOP Living in Balance	Carlos
4:00PM-6:30PM	IN PERSON GROUP (2.5 HOURS) TOPIC: IOP Living in Balance	Tanya
	Tuesday 04/07/26	
9:00AM-11:30AM	IN PERSON GROUP (2.5 Hours) Topic: IOP Living in Balance	Carlos
3:30pm-5:00pm	IN PERSON YOUTH GROUP (Ages 14-17) TOPIC: OP Creating balance utilizing the medicine wheel	Rodney
4:00PM-6:30PM	IN PERSON GROUP (2.5 Hours) TOPIC: IOP Living in Balance	Tanya
5:00pm-6:30pm	VIRTUAL GROUP (1.5 Hours) TOPIC: Mindset/Relapse Prevention <a href="https://eptha.zoom.us/meeting/register/ZrtcqbbRLa4tPqEAX6P4Q">https://eptha.zoom.us/meeting/register/ZrtcqbbRLa4tPqEAX6P4Q</a>	Jodi
	Wednesday 04/08/26	
3:00PM-4:30PM	IN PERSON GROUP (1.5 Hours) TOPIC: OP Hazelden Relapse Prevention	Tanya
5:00PM-6:30PM	VIRTUAL ONLY GROUP (1.5 Hours) TOPIC: OP Mindset Recovery support <a href="https://eptha.zoom.us/meeting/register/ZrtcqbbRLa4tPqEAX6P4Q">https://eptha.zoom.us/meeting/register/ZrtcqbbRLa4tPqEAX6P4Q</a>	Jodi
	Thursday 04/09/26	
9:00AM-11:30AM	IN PERSON GROUP (2.5 Hours) TOPIC: IOP Living in Balance	Carlos
4:00PM-6:30PM	IN PERSON GROUP (2.5 Hours) TOPIC: IOP Living In Balance	Tanya
	Friday 04/10/26	
10:00AM-11:30AM	IN PERSON GROUP (1.5 Hours) TOPIC: OP Hazelden Relapse Prevention	Carlos
2:00PM-3:30PM	IN PERSON GROUP (1 Hour) TOPIC: Native Crafting	Jasmine