

**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**

**06/29/26-7/3/26**

Topic or Process	VIRTUAL GROUP SIGN-UP MUST BE DONE 1 HOUR BEFORE THE GROUP STARTS.	Staff
	Monday 06/29/26	
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 06/30/26	
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 ONLY GROUP (1.5 Hours) TOPIC: Mindset/Relapse Prevention <a href="https://eptha.zoom.us/meeting/register/yJ51Jt1nRaK0sY22vP0seQ">https://eptha.zoom.us/meeting/register/yJ51Jt1nRaK0sY22vP0seQ</a>	Jodi
	Wednesday 07/1/26	
3:00PM-4:30PM	IN PERSON GROUP (1.5 Hours) TOPIC: OP Hazelden Relapse Prevention	Jasmine
5:00PM-6:30PM	IN PERSON GROUP (1.5 Hours) TOPIC: OP Mindset Recovery support	Jodi
	Thursday 07/2/26	
	PUYALLUP SOVEREIGNTY DAY CLOSED	
	Friday 07/03/26	
	PUYALLUP SOVEREIGNTY DAY CLOSED	