

DUKE CITY RECOVERY TOOLBOX GROUPS AM CLINIC

AM CLINIC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5am						
6am	VI 6:00 Bible Study		AL 6:00 Bible Study		VI 6:00 Bible Study	
7am	AK 7:00 ART		AK 7:00 Resiliency		LH 7:00 Emotional Regulation	
8am						*JW *8:00AM* Open
9am	KW 9:00 Stress Management		YS 9:00 Skills for Recovery		KW 9:00 Resiliency	*KC *9:00AM* Life Skills
10am	JW 10:00 Open		X		LH 10:00 Relaxation	
11am			X		BD 11:00 Relapse Prevention	

DUKE CITY RECOVERY TOOLBOX GROUPS PM CLINIC

PM CLINIC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2pm			X		BD 2:00 Open	*JW *8:00AM* Open
3pm	KC 3:00pm Music Expression				YS 3:00 Skills for Recovery	*KC *9:00AM* Life Skills
4pm	RW 4:00 Open		JW 4:00pm Creative Writing		EK 4:00pm Relaxation	
5pm			EK 5:00pm Relaxation		RW 5:00pm Triggers of Relapse	