

## Intensive Outpatient Program Schedule

### Week 1

Biopsychosocial Disease	MONDAY
Addictive Cycle	WEDNESDAY
Looking at Depression In Recovery	FRIDAY

### Week 2

Recovery From Addictive Disease	MONDAY
Healthy Living	WEDNESDAY
How We Stay Clean	FRIDAY

### Week 3

Personal and Spiritual Growth	MONDAY
Stuck Points In Recovery	WEDNESDAY
Recovery Resources	FRIDAY

### Week 4

Characteristics of Unhealthy Families	MONDAY
What is a Healthy Family?	WEDNESDAY
Coping with Anger & Resentment	FRIDAY

### Week 5

Are You a Controlling Partner?	MONDAY
Assertive Vs. Aggressive	WEDNESDAY
Communication Skills	FRIDAY

### Week 6

Emotional Wellness	MONDAY
Rebuilding Self-Esteem	WEDNESDAY
Communication Skills Training	FRIDAY

### Week 7

What Is Wellness?	MONDAY
Change	WEDNESDAY
Nutrition	FRIDAY

### Week 8

Overcoming Character Defects	MONDAY
Healthy Relationship Skills	WEDNESDAY
Guilt and Shame	FRIDAY

### Week 9

Obsession Vs. Craving	MONDAY
How Substance Dep. Affects Attitude	WEDNESDAY
Relationships, HIV and AIDS	FRIDAY