WOMEN'S IOP Weekly Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am							
:50							
8:00 am		Meditation 8:00-9:00am	Meditation 8:00-9:00am	Meditation 8:00-9:00am	Meditation 8:00-9:00am	Meditation 8:00-9:00am	
:15		Hannah	Sam	Hannah	Sam	Hannah	
9:00 am							
:30		Primary Group 9:30-12:30	Mental Health Recovery Group 9:30-11:25 4 Groups Shelby, Sam, Mari, Penny	Primary Group 9:30-12:30	Mental Health Recovery Group 9:30-10:25 4 Groups Shelby, Sam, Mari, Penny	Primary Group 9:30-12:30	
10:00 am							
:30							
11:00 am					Helping Women Recover 10:30-11:30 Penny		
:30			Helping Women Recover 11:30-12:30 Penny				
12:00 pm							
:30		Lunch 12:30-1	Lunch 12:30-1	Lunch 12:30-1	Lunch 12:30-1	Lunch 12:30-1	
1:00 pm		*Family Topics 1-3 Kayla 1, Mari 2, Destinee 3	*Foundations 1-2 Mark 2, Dan 3	*Stage Of Change 1-2 Destinee 1, Kayla 2, Pete 3	Life skills Emily 4, Hannah 5 (Phase 2)	*Foundations 1-2 (Mark and Destinee) Mark 1, Dan 2	*Coping Skills 1-3
:30							Emily 1, Mari 3, Hannah 2
2:00 pm							
3:00 pm							
3:30 pm							

* Indicates group is attended only during Phase 1. All other groups are to be attended during Phase 1 and Phase 2