

Johnston Recovery GROUP SCHEDULE 1/2019

MONDAY	10:00 am	ART THERAPY	Sarah
TUESDAY	9:00 am	HEALTH AND WELLNESS	Emily
	10:00 am	ANGER MANAGEMENT	Monica
WEDNESDAY	5:30 am	RELAPSE PREVENTION	Cherri
	10:00 am	WOMEN IN RECOVERY	Heather
THURSDAY	7:00 am	DOLLARS AND SENSE	Mike
	9:00 am	MEDITATION	Emily
FRIDAY	7:00 am	ORIENTATION-MANDATORY	Heather/John
	9:00 am	STRESS MANAGEMENT	Cherri
	10:00 am	PREGNANCY-MANDATORY	Sarah
SUNDAY	7:30 am	REINVENTING YOUR LIFE	Mike/Monica