

## A Positive Alternative - Men's Program

*Below are the components of a typical program*

Treatment	Month 1	Month 2	Month 3	Month 4	Month 5	Month 6	Month 7	Month 8	Month 9	Month 10	Month 11	Month 12
<b>Intensive Phase</b>	3 x Week Intensive Wednesday 5:30-7:30 pm Thursday 5:30-7:30 pm Friday 5:30-7:30 pm											
<b>Mindfulness</b> 4 Classes (and unlimited weekly practice for remainder of treatment)	Weekly Mindfulness Instruction & Mindfulness Practice 1 x Week on Monday 5:00 - 6:15 pm		1 x Week Voluntary Mindfulness Practice Mondays 6:30 - 7:30 pm (Donation to instructor)									
<b>Wellness</b> 7 Sessions	1 x Month IOP Wellness on 1st Tuesday 5:30 - 7:30 pm		1 x Month CC Wellness on 1st Monday 5:30 - 7:30 pm									
<b>Continuing Care</b>			1 x Week Continuing Care Monday or Tuesday 5:30 - 7:30 for approximately 20 weeks									
<b>Peer Led/Alumni</b> (Ongoing)				2 x Month - 2nd and 4th Wednesday Optional								
<b>Individual</b>	Individual sessions approximately 1 x Month Days/Times to be arranged with Counselor											