

A Positive Alternative - Women'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 |
|---|---|---------|---|---------|---|---------|---------|---------|---------|----------|----------|----------|
| Intensive Phase | 3 x Week Intensive Thursday 5:30- 7:30 pm Friday 5:30-7:30 pm Saturday 10:00-1:00 pm | | | | | | | | | | | |
| Mindfulness 4 Classes (and unlimited weekly practice for remainder of treatment) | Weekly Mindfulness Instruction & Mindfulness Practice 1 x Week on Wednesday 5:30 - 6:45 pm | | 1 x Week Voluntary Mindfulness Practice Wednesday 7:00 - 8:00 pm (Donation to instructor) | | | | | | | | | |
| Wellness 7 Sessions | 1 x Month IOP Wellness on 2nd Friday 6:30 - 8:00 pm | | 1 x Month CC Wellness on 4th Tuesday 5:30 - 7:00 pm | | | | | | | | | |
| Continuing Care | | | 1 x Week Continuing Care (Tuesday eve or Friday daytime) for approximately 20 weeks | | | | | | | | | |
| Peer Led/Alumni (ongoing) | | | | | 2 x Month - 1st and 3rd Tuesday Optional | | | | | | | |
| Individual | Individual sessions approximately 1 x Month Days/Times to be arranged with Counselor | | | | | | | | | | | |