

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