

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 Wednesday 5:30-7:30 pm Thursday 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 Monday 5:30 - 6:45 pm | | 1 x Week Voluntary Mindfulness Practice Thursdays 7:00 - 8:00 pm (Donation to instructor) | | | | | | | | | |
| Wellness 7 Sessions | 1 x Month IOP Wellness 5:30 - 7:30 pm | | 1 x Month CC Wellness 5:30 - 7:00 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 | | | | | | | | | | | |