

## 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	
<b>Intensive Phase</b>	3 x Week Intensive Thursday 5:30- 7:30 pm Friday 5:30-7:30 pm Saturday 10:00-1:00 pm												
<b>Mindfulness</b> 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)										
<b>Wellness</b> 7 Sessions	1 x Month IOP Wellness 5:30 - 7:30 pm		1 x Month CC Wellness 6:00 - 7:30 pm										
<b>Continuing Care</b>			1 x Week Continuing Care (Tuesday eve or Friday daytime) for approximately 20 weeks										
<b>Peer Led/Alumni</b> (ongoing)					2 x Month - 1st and 3rd Tuesday Optional								
<b>Individual</b>	Individual sessions approximately 1 x Month Days/Times to be arranged with Counselor												