

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)									
Polyvagal 4 Sessions			Polyvagal 1 x Week on Monday 6 - 7:30 pm									
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 (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							Resolve Enhancement Individual Sessions				
Family Program	Offered Quarterly on a Saturday											