

**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
<b>Intensive Phase</b>	3 x Week Intensive Thursday 5:30-7:30 pm Friday 5:30-7:30 pm Saturday 10:00am-1:00pm											
<b>Mindfulness</b> 4 Classes (and unlimited weekly practice for remainder of treatment)	Weekly Mindfulness Instruction & Mindfulness Practice 1 x Week on Monday 7:00 - 8:15 pm											
<b>Polyvagal</b> 4 Sessions			Polyvagal 1 x Week on Wednesday 6:45-8:15 pm									
<b>Wellness</b> 7 Sessions	1 x Month IOP Wellness 5:30 - 7:30 pm		1 x Month CC Wellness 5:30 - 7:00 pm									
<b>Continuing Care</b>			1 x Week Continuing Care Monday or Tuesday 5:30 - 7:30 for approximately 20 weeks									
<b>Peer Led/Alumni</b> (Ongoing)				1 x Month - 3rd Thursday Optional								
<b>Individual</b>	Individual sessions approximately 1 x Month Days/Times to be arranged with Counselor							Resolve Enhanceme: Individual Sessor				
<b>Family Program</b>	Offered Quarterly on a Saturday											