A Positive Alternative - Women's Program

Below are the components of a typical program

	Phase 1		Phase 2					Phase 3				
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 5:30-8:30 pm Friday 5:30-8:30 pm Saturday 9:00am-12:00pm											
Mindfulness Based Relapse Prevention 4 Classes	Weekly Mindfulness Instruction & Mindfulness Practice 1 x Week on Monday 5:30 - 6:45 pm											
Polyvagal 4 Sessions			Polyvagal 1 x Week									
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/Alumni Connections (ongoing)					2 x Month - 1st and 3rd Tuesday Optional							
Individual	Individual sessions approximately 1 x Month Days/Times to be arranged with Counselor							Resolve Enhancemen Individual Sessions				
Family Program	Offered Quarterly on a Saturday											

(revised:05/2026)