

NORTHWEST COUNSELING & WELLNESS CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Day Program Schedule			
9:00 am – Noon	9:00 am – Noon	10:00 am – Noon	9:00 am – Noon
Stress Reduction Drug / Alcohol Didactic Process Group	Stress Reduction Life Skills Didactic Process Group	Family Program	Stress Reduction Emotion / Spirit Didactic Process Group
Evening Program Schedule			
5:00 – 8:00 pm	5:00 – 8:00 pm	5:00 – 7:00 pm	5:00 – 8:00 pm
Stress Reduction Drug / Alcohol Didactic Process Group	Stress Reduction Life Skills Didactic Process Group	Family Program	Stress Reduction Emotion / Spirit Didactic Process Group

Stress Reduction includes auricular acupuncture, yoga, meditation, tai chi and other tools of stress management.

Wednesdays are family program days. Family members are encouraged to attend on these days and during any other didactic.