

RED DOOR LIFE GROUP SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	* THURSDAY	FRIDAY
9 AM	(H) Morning Intention Setting, Monique	(H) Morning Intention Setting, Benny	(H) Morning Intention Setting, Monique	(H) Morning Intention Setting, Benny	(H) Morning Intention Setting, Monique
10 AM	(IP) Fostering Mind-Body Connection, Monique	(IP) Psychodrama, Sasha & Brett	(IP) Emotional Regulation Through Breathwork, Monique	(V) Somatic Processing, Danielle	(IP) What is my Body Telling Me?, Monique
11 AM	(H) Who Am I?, Bethany		(H) Somatic Writing, Rachel N	(IP) Sex & Love in Recovery, Brett	(IP) Interpersonal Effectiveness, Charles
12 PM					
12:30	(V) Sex & Love, Dr. Dan	(V) Family Systems, Danielle	(V) Women's Process Group, Rachel S	(V) Recovery Toolkit, Dr. Dan	
1 PM					(H) Perseverance Through Creative Writing, Brett
1:30	(H) IFS Group, Gabriel			(IP) Trauma Psychoeducation, Berni	
2 PM		(H) Four Agreements, Bethany	(H) Grief Group, Rachel N		(H) Anxiety & Creatives, Sasha
3 PM	(H) Existential Process Group, Emanuela	(H) Adult Children of Dysfunctional Families, Emanuela	(H) Love and Loss, Emanuela	(H) Core Values, Charles	
4 PM		(IP) Group Fitness, Chris	(IP) Group Fitness, Chris		(IP) Group Fitness, Chris
5 PM					
6 PM	(V) Self- Led Life, Alex & PADHiA	(V) Self Empowerment, Bethany	(V) Emotional Regulation, Brett	(V) Mindfulness-Based Relapse Prevention, Blake	
7 PM					
7:30					

- (IP) IN-PERSON ATTENDANCE ONLY
- (H) HYBRID-VIRTUAL OR IN-PERSON ATTENDANCE
- (V) VIRTUAL ATTENDANCE ONLY

* (IP) WAVES OF RECOVERY, OUR SURF GROUP CURRENTLY MEETS AT 8 AM THURSDAY: CONTACT RJ FOR CURRENT SEASONAL SCHEDULE

HYBRID AND VIRTUAL GROUP LINK:
<https://us06web.zoom.us/j/4402150282>

