



UA Group Topic Schedule

Monday	
10:00 AM	Informed Nutrition
1:00 PM	Life Skills

Tuesday	
10:00 AM	Coping Skills
1:00 PM	SMART Recovery

Wednesday	
10:00 AM	WRAP
1:00 PM	All Recoveries Social Hour

Thursday	
10:00 AM	Creative Expression
1:00 PM	Movement

Friday	
10:00 AM	Community Resources
1:00 PM	Karaoke