

of our WEEKLY CALENDAR which may change depending on ma

SMOKELESS Squares 8:45 to 9:00	Tuesday	SMOKELESS Squares 8:45 to 9:00	Wednesday	SMOKELESS Squares 8:45 to 9:00	Thursday
	<p>9:00 - 10:15</p> <p>ALU-MNI</p> <p>Guided by FATHER AL</p> <p>Spirituality of Imperfection</p> <p>MANPOWER</p> <p>Trauma Group</p>	<p>9:00 - 10:15</p> <p>OP & IOP</p> <p>Dying to Live</p> <p>RAGE REDUCTION</p>	<p>TRAUMA Family</p> <p>ALU-MNI</p> <p>Overcoming Procrastination</p> <p>RAINBOW connection</p>		
10:15 - 10:30	break	10:15 - 10:30	break	10:15 - 10:30	10:15 - 10:30
	<p>10:30 - 11:45</p> <p>REBT</p> <p>Your BRAIN ON DRUGS</p> <p>HARMONY HOPE & HEALING</p> <p>11:45 to NOON SMOKELESS Squares</p>	<p>10:30 - 11:45</p> <p>Spirituality</p> <p>ART REBT</p> <p>Therapy</p> <p>Life Purpose and Meaning</p> <p>SMOKELESS Squares 11:45 to NOON</p>	<p>10:30 - 11:45</p> <p>SOUL Train GROUP</p> <p>Fundance</p> <p>Unconditional Self Acceptance</p> <p>Trauma Group</p> <p>11:45 to NOON SMOKELESS Squares</p>		
12:00 - 1:00	<p>RECOVERY DHARMA</p> <p>SMART Recovery</p> <p>PCP Recovery Skills</p> <p>F & F</p>	<p>12:00 - 1:00</p> <p>RECOVERY DHARMA</p> <p>SMART Recovery</p> <p>Family & Friends</p>	<p>12:00 - 1:00</p> <p>RECOVERY DHARMA</p> <p>SMART Recovery</p> <p>Family & Friends</p>		
<p>ADDICTED in FILM MOVIE CLUB</p> <p>Transpotting</p> <p>YAY POPCORN!</p> <p>www.addictedinfil.com</p>	<p>STAFF MEETING = 1:30</p>	<p>Write LGBTQ@AnB.today with questions</p> <p>SMART Recovery LGBTQIA+</p>			

ifornia CTA Greenline Stop). Either that, or call us at (773) 940.2960 for more information. If these don't suit you, please visit our very excellent website

criptions

gs and helps to ease withdrawal symptoms during detox episodes
peace and tranquility.

aign to End Our Patient's Loneliness. Our patients are the lonely,
alone in their loneliness.

ents to achieve improved mental health and stability that would

r journey into the behaviors of Jesus Christ. Holy Text is specifi-
behaviors as documented by historians.

re our aging patients with a focused subject matter forum on

chological holes left in the lives of our patients who have lost
cide, or depleted health issues.

or "tapping surprisingly fast relief for cravings, which allows our
e addicting substance or activity amazingly quickly. Tapping also
r their addiction.

MA! is a substance abuse support program specifically tailored for
d or early adulthood trauma and don't know what it is, where it

s transformation through music.

nd Beyond was created, and currently runs on.

s lack of confidence in themselves and teaches them how to han-
ntertaining ways.

platforms to not only share best practices for overcoming addic-
also for creating friends.

pose of this group is to teach participants that they are worthy of
ers, and how to uncover this love for every occasion use.

aning) is mandatory and helps us uncover our purpose and
o uncover, each one of them, their own reason for being alive
o their recovery.

help to behave positively in the four areas of Community, Contri-
n.

am for men with problems of addiction. It takes into account the

very special problems that men have in.

MINDFULNESS RELAPSE PREVENTION our patients change their r
them to develop compassionate and nonjudgmental approach to
es.

OVERCOMING PROCRASTINATION makes true the claim that all c
than we ever realize. We can start GETTING STUFF DONE in this p

RAGE REDUCTION challenges anger and rage compulsions before
havior.

REBT is where participants learn the **Rational Emotive Behavior TH**
for identifying and challenging patients' dysfunctional beliefs and
emotions and behavior are always a primary focus of the group.

SOUL TRAIN Dance Therapy focuses on how music, community, p
times, and non-verbal communication all combine to positively af

In **SPIRITUALITY** we bond. We think and pray with our hearts with
what we are appealing to, or worshipping.

TRAUMA GROUP and THERAPY accesses the root cause and/or e
lations abuse substances and brings about homeostatic, healing p
approach (seekingsafety.org) and offer five hours of group every v
popular, uniquely interactive and offer tangible, real relief.

WOMEN for SOBRIETY gives protected sanctuary to females who
forced to sit in a room full of what they see as predators.

W.R.A.P. (Wellness Recovery Action Plan) is a structured, individ
tients develop an effective approach to overcoming distressing sy
health, and harmful Substance Abuse behaviors.

YOGA THERAPY at Above and Beyond is unique because it brings
the people who likely need it the most. Our program involves sim
tation, and the adoption of specific bodily postures, all aimed at r
and body.

YOUR BRAIN ON DRUGS provides education on alcohol, cannabis
oin/opiates, and PCP asking the question "Why did I use this drug

We offer **SELF-HELP PROCESS GROUPS** which are open to the pub
ANONYMOUS, SMART Recovery, SMART Recovery FAMILY and F
HOLICS, RECOVERY DHARMA, LIFERING, WOMEN for SOBRIETY,
every one of these groups produces unacceptably high failure rate
ropriate alternatives to guide fallout patients into is a unique best p