

Juab / Millard Groups

Day Treatment	Mon 10-2:00	Mon 10-2:00	Tue 9-1:00	Tue 9-1:00
	Wed (Youth) 3-5:30	Thur 9-1:00	Thur 9-1:00	
DBT	Mon 9-10:00	Mon 4:30-6:00	Wed 9-10:00	Thur 4-5:30
Continuing Care	Mon 4-6:00	Mon 6-8:00		
Early Recovery Skills	Mon 2-3:30	Tue 1-3:00		
After Care	Mon 6-7:00			Hybrid-All Team
Woman's Self Compassion	Tue			Nephi
Criminal and Addictive Thinking	Tue 5-6:00			Delta
CBI-SU	Tue 4-6:00			Fillmore
Mindfulness Art & Experiential Art	Tue	Wed 1-3:00		
Self Reflections	Wed 1:30-3:00			
Healing From Trauma	Thur 2-4:00			