

JAMHI Groups

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Monday	Tuesday	Wednesday	Thursday	Friday
Staying Quit: 10-11 Drop –in Group: 12-1 IOP: 12:30-2:30 Pottery: 2-4 Swimming: 7-8	Good Eats: 10:30 –12 Drop-in Group: 12-1 IOP: 12:30-2:30 Meditation in Motion: 2:30-3:30	MRT: 8:30-10 Drop-in Group: 12-1 IOP:12:30-2:30 Photography: 1-3 Swimming 7-8	Adventure Group: 10-12 Drop-in Group: 12-1 IOP: 12:30-2:30 TRG: 1:30-2:30 Pottery: 2-4	Painting: 10-11 Drop-in Group: 12-1 IOP: 12:30-2:30

MRT: Workbook-based, EBP cognitive-based group that helps folks look at matching their values with their actions. Great for folks with legal trouble or problems related to substance use, but neither are required. Held at the outpatient clinic. To join speak with Marcia or Rachel

IOP (Intensive Outpatient): Appropriate for persons with substance use as the primary diagnosis and a desire to pursue total abstinence as the foundation for recovery. Program is an open group with a duration of about 5 weeks, and you can start at any time. Contact Craig Smith for permission to attend.

Meditation in Motion: Open group for those interested in practicing ways to move and connect with self. A variety of fitness and meditation techniques are incorporated like Yoga, Tai Chi, Qigong, and mindfulness. At OP clinic.

Staying Quit: Relapse Prevention group spanning 8 modules. Workbook-based. For persons who have some clean/sober time and have some experience with treatment (NA/AA included).

Adventure: To explore Juneau and its resources while having fun and socializing. Activities usually include walking and community outings at various locations. Open group, leaves OP clinic at 10am.

Drop-in Group: random fun at the Lodge

Good Eats: Open group. For those interested in nutrition and diet support. Topics vary by week. At OP clinic.

NO GROUPS ON DAYS THAT ADMIN/OUTPATIENT BUILDING IS CLOSED



Wellness Groups/Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 July	2 Pottery 2-4pm @ Lemon Creek Swimming 7-8pm Ride @ Admin 6:45	3 Good Eats 10:30-12@ Admin Meditation in Motion @ Admin 2:30-3:30	4 INDEPENDENCE DAY (No groups)	5 Adventure 10-12 @ Admin Pottery 2-4pm @ Lemon Creek	6 Painting 10-11am @Lodge ORCA 1-3pm @ Lodge	7
8	9 Pottery 2-4pm @ Lemon Creek Swimming 7-8pm Ride @ Admin 6:45	10 Good Eats 10:30-12@ Admin Meditation in Motion @ Admin 2:30-3:30	11 Photography 1-3pm @ 8-plex office Swimming 7-8pm Ride @ Admin 6:45	12 Pottery 2-4pm @ Lemon Creek	13 Painting 10-11am @Lodge	14
15	16 Pottery 2-4pm @ Lemon Creek Swimming 7-8pm Ride @ Admin 6:45	17 Good Eats 10:30-12@ Admin Meditation in Motion @ Admin 2:30-3:30	18 Photography 1-3pm @ 8-plex office Swimming 7-8pm Ride @ Admin 6:45	19 Adventure 10-12 @ Admin Pottery 2-4pm @ Lemon Creek	20 Painting 10-11am @Lodge	21
22	23 Pottery 2-4pm @ Lemon Creek Swimming 7-8pm Ride @ Admin 6:45	24 Good Eats 10:30-12@ Admin Meditation in Motion @ Admin 2:30-3:30	25 Photography 1-3pm @ 8-plex office Swimming 7-8pm Ride @ Admin 6:45	26 Wellness Hike 10:30am-4:30pm @ Salmon Creek (leaving at 10:30) Pottery 2-4pm @ Lemon Creek	27 Painting 10-11am @Lodge ORCA 1-3pm @Lodge	28
29	30 Pottery 2-4pm @ Lemon Creek Swimming 7-8pm Ride @ Admin 6:45	31 Good Eats 10:30-12@ Admin Meditation in Motion @ Admin 2:30-3:30	***1st & last Wednesday swim groups are at dimond park pool ALL others are at augustus brown pool	***Please note groups are subject to change.		