

Eastern Shoshone Recovery

November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Mending Broken Hearts 9:30-12:30 Life Skills 5pm	2 Men In Recovery 9:30 Culture Class-1:30 Women Zoom 10am	3 Wellbriety 9:30-12:30 Families in Recovery 5pm	4 ZOOM mtg 10 & 4 Women Group 1:30 Guided Meditation 4:30	5 Wellbriety 9:30-12:30 Peer Support 1:30	6
7 Youth/Community Sweat 1pm	8 Mending Broken Hearts 9:30-12:30 Life Skills 5pm	9 Men In Recovery 9:30 Culture Class-1:30 Women Zoom 10am	10 NATIVE VETERAN DAY- office closed Honoring Veterans Sweat 1pm	11 VETERANS DAY HOLIDAY – OFFICES CLOSED	12 Wellbriety 9:30-12:30 Peer Support 1:30	13
14 Women's Sweat 1pm	15 Mending Broken Hearts 9:30-12:30 Life Skills 5pm	16 Men In Recovery 9:30 Culture Class-1:30 Women Zoom 10am	17 Wellbriety 9:30-12:30 Families in Recovery 5pm	18 ZOOM mtg 10 & 4 Women Group 1:30 Guided Meditation 4:30	19 Wellbriety 9:30-12:30 Peer Support 1:30	20 Survivors of Suicide Event
21 Youth/Community Sweat 1pm	22 Mending Broken Hearts 9:30-12:30 Life Skills 5pm	23 Men In Recovery 9:30 Culture Class-1:30 Women Zoom 10am	24 Wellbriety 9:30-12:30 Families in Recovery 5pm Men Sweat 1pm	25 THANKS GIVING HOLIDAY – OFFICES CLOSED	26 THANKS GIVING HOLIDAY – OFFICES CLOSED	27
28	29 Mending Broken Hearts 9:30-12:30 Life Skills 5pm	30 Men In Recovery 9:30 Culture Class-1:30				
		Acupuncture – 1-2	Massage- by Appt.	Chiropractic -by appt		

ESRP FTWASHAKIE SCHEDULE

Clinical Groups=Black
Recovery Support – Blue
Pro-Social/Recover- Green
Families in Recovery – Red
ZOOM Mtg -Purple

Youth Programming
PFS & Native Connections Services for
Youth – Lite Blue

Alternative Healing
Acupuncture- Yellow/Orange
Massage -Yellow/Orange
Chiropractic – Yellow/Orange