

THE DELRAY CENTER

403 S.E. 1ST STREET DELRAY BEACH, FL 33483 - P: 561-266-8866 F: 561-266-0033

GROUP SCHEDULE

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM						
7:00 AM			Men's Recovery			
7:30 AM			Dr. Rodriguez			
8:00 AM			Life Strategies			
8:30 AM			Jennifer			
9:00 AM				Beg. Recovery Process		
9:30 AM				Jennifer		
10:00 AM	Meditation Class	Proud Recovery				Proud Recovery
10:30 AM	Sacred Treehouse	Dr. Rodriguez				In the C.A.T. Lounge
11:00 AM	Book:Dhammapada		Meditation Basics		Co-Dependency	
11:30 AM	Jack Fisher, M.Div.	Yoga	Meghan		Jennifer	Adult Yoga
12:00 PM	Proud Recovery				Expressive Therapy	
12:30 PM	Dr. Rodriguez	Gina			Clara	Gina
1:00 PM	Women's Process					
1:30 PM	Dr. Friedman					
2:00 PM				Creative Writing		
2:30 PM				Meghan		
3:00 PM				Beg. Yoga	Community Acupuncture	
3:30 PM					(10pl max) Meghan	
4:00 PM				Gina	Process Group	
4:30 PM					Dr. Friedman	
5:00 PM	Circuit Training	Community Acupuncture	Circuit Training	Adv. Meditation	Circuit Training	
5:30 PM	(5:15-5:45) Ras	(10pl max) Meghan	(5:15-5:45) Ras	Proud Member	(5:15-5:45) Ras	
6:00 PM	CBT Recovery	Spontanerapy	Relapse Prevention	Mentor Lead		
6:30 PM	Jessica	Group	Dr. Shutt	Proud Recovery		
7:00 PM				Dr. Rodriguez		
7:30 PM						

ADVANCE ACUPUNCTURE: One hour session of acupuncture with groups of 3 - 4 people. All appointments are to be made in advance and payment must be taken in advance of session. Special Group Rate: \$40 per person.

TOPIC GROUPS: Educational skill development groups where the realization of ones potential and self-awareness takes place. There is a strong emphasis on learning new coping skills and changing or challenging behaviors. Group members are encouraged to individually reflect on how the new information could impact their lives.

PROCESS GROUPS: A community of sharing insight and experiences as to how individuals have been able to manage their lives. Often the group leader will pose questions to the group with the goal of self-discovery. Group members are involved in the process of what was shared and are invited to provide

ADVANCED GROUPS: Can be both topic and process in structure. These groups are often offered in a series and always require prior-approval of a professional to attend. some groups are limited in size. Group members are expected to attend each session, arrive on time and stay for the duration, be able to self-reflect, be able to provide constructive feedback without advice giving, and be able to communicate without monopolizing the group.

THE DELRAY CENTER GROUP RATES:

SILVER MEMBERSHIP:

- \$185/month
- 4-months \$385 (\$355 Savings)

SILVER Membership Provides Access to:

- Regularly scheduled groups (excluding Advanced Process Groups)
- Mentor Lead groups

GOLD MEMBERSHIP:

- \$485/month
- 2-months \$685 (\$285 Savings)
- 4-months \$885 (\$1055 Savings)

GOLD Membership Provides Access to:

- All regularly scheduled groups (Including Advanced Process groups for pre-screened & pre-selected Clients)
- Meditation Groups
- Community Acupuncture
- Fitness Circuit Training Group
- Yoga Classes
- Studio Art Class
- Creative Writing Class
- Book Club

Delray Center is dedicated to the care and well-being of all our Clients. Both Group Memberships are offered at a specially discounted price for services offered. Groups are facilitated by our highly trained and educated therapeutic Staff. Please feel free to ask for additional information on any of our services provided.

NOTE: *In some circumstances, in order to receive certain medications prescribed by the Delray Center physicians, group membership will be mandatory to help ensure the Client is engaged in their recovery.*

**** ALL Group Memberships are to be paid for in advance and there are NO refunds without exception.**