

November 2024 Alumnae and Outpatient Program Group Schedule

All groups will be held in the Peacock room at The Haven IOP building located at 2601 N Campbell suite 107, unless otherwise noted. Shawna, the Alumni Coordinator, can be reached at, 520.833.3277 with any questions or RSVP's.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 9am Out of Darkness Walk Reid Park
3 https://conquerthehilltucson.com Tumamoc Healing and Resilience Hike	4 12pm MINDFUL MONDAY YOGA AND RELAXATION	5	6 12pm-1pm ACUDETOX	7 5pm-6pm SUPPORT CIRCLE	8	9
10	11 12pm MINDFUL MONDAY YOGA AND RELAXATION	12	13 12pm-1pm ACUDETOX	14 5pm-6pm YOGA/MEDITATION	15	16
17	18 12pm MINDFUL MONDAY YOGA AND RELAXATION	19	20 12pm-1pm ACUDETOX	21 5pm-6pm SUPPORT CIRCLE	22	23
24	25 12pm MINDFUL MONDAY YOGA AND RELAXATION	26	27 12PM-1PM ACUDETOX	28 NO GROUP THANKSGIVING	29	30