

# Ft. Washakie Office

# August 2022

| Sunday                             | Monday  | Tuesday  | Wednesday  | Thursday  | Friday                | Saturday                    |
|------------------------------------|---|--|--|---|-----------------------|-----------------------------|
|                                    | 1<br>Co-Occurring Group<br>9:30,<br>Life Skills 5 pm  | 2<br>Zoom (Womens) Mtg @ 10 am,<br>Men's Recovery 9:30<br>Manage Grief 5 pm<br>Culture Class 2 pm  | 3<br>Wellbriety 9:30-12:30<br>Families Recovery @ 5                      | 4<br>Zoom (Co-Occurring) Mtg @ 10 am<br>Woman Group 1:30<br>Guided Meditation 4:30  | 5<br>Wellbriety 9:30  | 6                           |
| 7<br>Youth/Community Sweat @ 4 pm  | 8<br>Family Day (Thermopolis)<br>NO CLASS             | 9<br>Zoom (Womens) Mtg @ 10 am,<br>Men's Recovery 9:30<br>Manage Grief 5 pm<br>Culture Class 2 pm  | 10<br>Wellbriety 9:30-12:30<br>Families Recovery @ 5<br>Men Sweat @ 1 pm | 11<br>Zoom (Co-Occurring) Mtg @ 10 am<br>Woman Group 1:30<br>Guided Meditation 4:30 | 12<br>Wellbriety 9:30 | 13<br>Regalia Sewing 9-3 pm |
| 14<br>Youth/Community Sweat @ 4 pm | 15<br>Co-Occurring Group<br>9:30,<br>Life Skills 5 pm | 16<br>Zoom (Womens) Mtg @ 10 am,<br>Men's Recovery 9:30<br>Manage Grief 5 pm<br>Culture Class 2 pm | 17<br>Wellbriety 9:30-12:30<br>Families Recovery @ 5                     | 18<br>Zoom(Co-Occurring) Mtg @ 10 am<br>Woman Group 1:30<br>Guided Meditation 4:30  | 19<br>Wellbriety 9:30 | 20                          |
| 21<br>Women Sweat @ 10 am          | 22<br>Co-Occurring Group<br>9:30,<br>Life Skills 5 pm | 23<br>Zoom (Womens) Mtg @ 10 am,<br>Men's Recovery 9:30<br>Manage Grief 5 pm<br>Culture Class 2 pm | 24<br>Wellbriety 9:30-12:30<br>Families Recovery @ 5                     | 25<br>Zoom(Co-Occurring) Mtg @ 10 am<br>Woman Group 1:30<br>Guided Meditation 4:30  | 26<br>Wellbriety 9:30 | 27                          |
| 28<br>Regalia Sewing 12-5 pm       | 29<br>Co-Occurring Group<br>9:30,<br>Life Skills 5 pm | 30<br>Zoom (Womens) Mtg @ 10 am,<br>Men's Recovery 9:30<br>Manage Grief 5 pm<br>Culture Class 2 pm | 31<br>Wellbriety 9:30-12:30<br>Families Recovery @ 5                     | Zoom (Co-Occurring) Mtg @ 10 am<br>Woman Group 1:30<br>Guided Meditation 4:30       |                       |                             |

## EASTERN SHOSHONE RECOVERY

#7 SHIPTON LANE, PO BOX638, FT. WASHAKIE, WY 82514  
(307)335-1169

Clinical Group – Black  
Recovery Support – Blue  
Pro-Social Recovery-Green  
Families in Recovery - Red

Acupuncture Every Tuesdays @ 1-2 pm  
Message Every Wednesday by Appt.  
Chiropractic Every Thursday by Appt.

Zoom Mtg (Co-Occurring) Thursday's  
Zoom Mtg (Women's) Tuesdays  
YOGA every Thursdays @ 2:30 pm