



Fort Lauderdale PHP Group Schedule

Monday 11:00–5:30 PM - Life Story; Adult Children of Alcoholics/Process; Living Sober

Tuesday 11:00–5:30 PM - Community Meeting; Trauma/Process; Self-Care

Wednesday 11:00–5:30 PM - Life Story; Process; Expressive Therapy

Thursday 11:00–5:30 PM - Nutrition; Integrated Recovery/Process; Toothbrush Therapy

Friday 11:00–5:30 PM - Four Agreements; Process/LGBT; Brain Activity

Saturday 8:30-3:00 PM - Mindfulness; Process; PAWS