

# JANUARY 2024 CHANGES COUNSELING

Individual Counseling Available until 7PM Office Hours: Mon to Fri 9:00 AM - 7:00 PM Saturday 9:00 AM - 6:00 PM

Office: (801)542-7060 Text/UA(801)987-0225 info@changescounseling.org WWW.CHANGESCOUNSELING.ORG 8221 South 700 East, Sandy, UT 84070  
 ALL GROUPS USING GOTO VIDEO A&D= Alcohol & Drug DV= Domestic Violence MRT= Moral Reconation Therapy UA= Urinalysis

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 CLOSED FOR NEW YEAR'S DAY  HAPPY NEW YEAR!	2 12:00-1 pm COED DV group 5:30-6:30 pm Men's A&D group 5:30-7 Anger Mgt Techniques Group #4 7-8:00 pm Men's DV group	3 1:00-2 pm COED A&D group 5:30-6:30 pm MRT 60 min group 6:30-8:00 pm Thinking Error Recognition Group #1	4 5:30-6:30 pm Women's A&D group 6:30-7:30 pm Women's DV group 6:30-7:30 MRT 60 min group	5	6 10:00-4 pm Thinking Error Recognition Workshop 11:00-3 pm Prime Life #1 4:00-5 pm COED DV group 5:00-6 pm COED A&D group  UA TESTS OK TIL 5:45 pm SAT
8 OPEN 9:00 AM TO 9:00 PM FOR APPOINTMENTS: UA TESTS OK UNTIL 6:45 pm ON WEEKDAYS and TIL 5:45 PM ON SATURDAYS  7-8 pm MRT 60 min group	9 12:00-1 pm COED DV group 5:30-6:30 pm Men's A&D group 5:30-7 Anger Mgt Techniques Group #1 7-8:00 pm Men's DV group	10 1:00-2 pm COED A&D group 5:30-6:30 pm MRT 60 min group 6:30-8:00 pm Thinking Error Recognition Group #2	11 5:30-6:30 pm Women's A&D group 6:30-7:30 pm Women's DV group	12	13 10:00-4pm Anger Management Techniques 6 hour Workshop 11:00-3 pm Prime Life #2 4:00-5 pm COED DV group 5:00-6 pm COED A&D group  UA TESTS OK TIL 5:45 pm SAT
15 OPEN 9:00 AM TO 9:00 PM FOR APPOINTMENTS: UA TESTS OK UNTIL 6:45 pm ON WEEKDAYS and TIL 5:45 PM ON SATURDAYS  NO MRT TONIGHT	16 12:00-1 pm COED DV group 5:30-6:30 pm Men's A&D group 5:30-7 Anger Mgt Techniques Group #2 7-8:00 pm Men's DV group	17 1:00-2 pm COED A&D group 5:30-6:30 pm MRT 60 min group  6:30-8:00 pm Thinking Error Recognition Group #3	18 5:30-6:30 pm Women's A&D group 6:30-7:30 pm Women's DV group 6:30-7:30 MRT 60 min group	19	20 10:00-4:00 Thinking Error Recognition Workshop 11:00-3 pm Prime Life #3 4:00-5 pm COED DV group 5:00-6 pm COED A&D  UA TESTS OK TIL 5:45 pm SAT
22 OPEN 9:00 AM TO 9:00 PM FOR APPOINTMENTS: UA TESTS OK UNTIL 6:45 pm ON WEEKDAYS and TIL 5:45 PM ON SATURDAYS  6:00-10:00pm Prime #1 7-8 pm MRT 60 min group	23 12:00-1 pm COED DV group 5:30-6:30 pm Men's A&D group 5:30-7 Anger Mgt Techniques Group #3 7-8:00 pm Men's DV group	24 1:00-2 pm COED A&D group 5:30-6:30 pm MRT 60 min group 6:00-10:00pm Prime #2 6:30-8:00 pm Thinking Error Recognition Group #4	25 5:30-6:30 pm Women's A&D group 6:30-7:30 pm Women's DV group	26	27 10:00-4 pm MAYBE Advanced Parenting Techniques 6 hour 11:00-3 pm Prime Life #4 4:00-5 pm COED DV group 5:00-6 pm COED A&D group  UA TESTS OK TIL 5:45 pm SAT
29 OPEN 9:00 AM TO 9:00 pm FOR APPOINTMENTS: UA TESTS OK UNTIL 6:45 pm ON WEEKDAYS and TIL 5:45 PM ON SATURDAYS 6:00-10:00pm Prime #3 7-8 pm MRT 60 min group	30 12:00-1 pm COED DV group 5:30-6:30 pm Men's A&D group 5:30-7 Anger Mgt Techniques Group #4 7-8:00 pm Men's DV group	31 1:00-2 pm COED A&D group  6:00-10:00pm Prime #4  NO MRT TONIGHT	1 5:30-6:30 pm Women's A&D group 6:30-7:30 pm Women's DV group	2	3 10:00-4 pm Thinking Error Recognition Workshop 11:00-3 pm Prime Life #1 4:00-5 pm COED DV group 5:00-6 pm COED A&D group  UA TESTS OK TIL 5:45 pm SAT