



# St. Paul NUWAY Counseling Center's Outpatient Continuing Care program (ASAM 1.0)

## PROGRAM DAYS AND HOURS:

### Phase I (8 weeks): Monday, Tuesday, and Thursday

- Morning Track (group): 9-11:15 a.m.  
+ 1 individual session/wk.; hybrid group (combo. of in-person and virtual attendance) offered
- Evening Track (group): 5:30-7:45 p.m.  
+ 1 individual session/wk. (virtual only)

### Phase II (4 weeks): Wednesday's Virtual Only

- Morning Track (group): 9-11:15 a.m.  
+ 1 individual session/wk
- Evening Track (group): 5:30-7:45 p.m.  
+ 1 individual session/wk

Programming is designed for adult clients of any gender who have completed an intensive outpatient (IOP) or residential program. Groups are focused on recovery maintenance and relapse prevention skills, finding balance with life responsibilities and recovery, and continuing to build support. Clients are responsible for their own housing.



# NUWAY<sup>®</sup>

[nuway.org](https://www.nuway.org)

Contact us for more information or to schedule an admission.

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