



# VIRTUAL INTENSIVE OUTPATIENT PROGRAM

**Monday, Tuesday, and Thursday  
evenings from 5:30 pm – 8:30 pm**

- 12 weeks recommended
- 9 hours of group therapy
- CBT/DBT services for substance use disorder and co-occurring disorders
- Recovery Coach and Individual Psychotherapy sessions offered weekly
- Retooling your purpose, co-occurring disorders and long-term recovery planning
- Alumni & family virtual support groups
- Access to the Harmony Hub (online recovery community)

**CALL US: 970.591.4097**  
**HARMONYFOUNDATIONINC.COM**