



## About the program

Project Courage’s evening Virtual Intensive Outpatient Program (VIOP) benefits those with travel and time barriers. Our VIOP is unique in working on substance use and co-occurring disorders by incorporating fitness and Internal Family Systems into the schedule, in addition to our other groups. We also include **individual therapy, psychiatric services, screening, and family services** to provide you with added support and structure.

## Program benefits

Our staff are trained in Internal Family Systems, used in our groups to help promote healing. We employ a well-rounded holistic approach, integrating the mind and body connection. Like our in-person IOP, there is a significant emphasis in groups on treating fear, looking at how fear drives decisions and thoughts.

## Program schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5:00pm	Intro to Internal Family Systems #1	Stress Response Management		Relapse Prevention	
6:00pm				Adaptive Communication	
6:30pm	Intro to Internal Family Systems #2	Mindfulness Practice			
7:00pm				Pathways to Recovery	

## About Project Courage

Project Courage is a behavioral health center specializing in substance use prevention and recovery. We offer in-home recovery, intensive outpatient, family, and outpatient programs, and provide education and support to families, schools, and communities across Connecticut. Our vision is for everyone to be heard, feel safe, find courage, discover a purpose, and live an enriched life.