



MENTAL WELLNESS PARTIAL HOSPITALIZATION PROGRAM – DAY

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am – 9:15 am	Check-In				
9:15 am – 10:05 am	Interpersonal Process Group	Interpersonal Process Group	Interpersonal Process Group	Interpersonal Process Group	Interpersonal Process Group
10:05 am – 10:15 am	BREAK				
10:15 am – 11:05 am	Cognitive-Behavioral Therapy Group	Cognitive-Behavioral Therapy Group	Cognitive-Behavioral Therapy Group	Cognitive-Behavioral Therapy Group	Cognitive-Behavioral Therapy Group
11:05 am – 11:15 am	BREAK				
11:15 am – 12:05 pm	Psycho-Educational Group	Psycho-Educational Group	Skills Development Group	Psycho-Educational Group	Skills Development Group
12:05 pm – 12:45 pm	LUNCH				
12:45 pm – 1:35 pm	Support/Specialized Group	Support/Specialized Group	Support/Specialized Group	Support/Specialized Group	Support/Specialized Group
1:35 pm – 2:00 pm	Check-Out				

MENTAL WELLNESS INTENSIVE OUTPATIENT PROGRAM – MORNING

TIMES	MON	WED	THURS
9:00 am – 9:15 am	Check-In		
9:15 am – 10:05 am	Interpersonal Process Group	Interpersonal Process Group	Interpersonal Process Group
10:05 am – 10:15 am	BREAK		
10:15 am – 11:05 am	Cognitive-Behavioral Therapy Group	Cognitive-Behavioral Therapy Group	Cognitive-Behavioral Therapy Group
11:05 am – 11:15 am	BREAK		
11:15 am – 12:05 pm	Skills Development Group	Dialectable Behavioral Therapy Skills Development Group	Dialectable Behavioral Therapy Skills Development Group
12:05 pm – 12:20 pm	Check-Out		

MENTAL WELLNESS INTENSIVE OUTPATIENT PROGRAM – AFTERNOON

TIMES	MON	WED	THURS
1:00 pm – 1:15 pm	Check-In		
1:15 pm – 2:05 pm	Interpersonal Process Group	Interpersonal Process Group	Interpersonal Process Group
2:05 pm – 2:15 pm	BREAK		
2:15 pm – 3:05 pm	Cognitive-Behavioral Therapy Group	Cognitive-Behavioral Therapy Group	Cognitive-Behavioral Therapy Group
3:05 pm – 3:15 pm	BREAK		
3:15 pm – 4:05 pm	Skills Development Group	Dialectable Behavioral Therapy Skills Development Group	Dialectable Behavioral Therapy Skills Development Group
4:05 pm – 4:20 pm	Check-Out		

SOBER LIVING PARTIAL HOSPITALIZATION PROGRAM – AFTERNOON

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2:00 pm – 2:15 pm	Check-In				
2:15 pm – 3:05 pm	Interpersonal Process Group	Interpersonal Process Group	Interpersonal Process Group	Interpersonal Process Group	Interpersonal Process Group
3:05 pm – 3:15 pm	BREAK				
3:15 pm – 4:05 pm	Cognitive-Behavioral Therapy Group	Cognitive-Behavioral Therapy Group	Cognitive-Behavioral Therapy Group	Cognitive-Behavioral Therapy Group	Cognitive-Behavioral Therapy Group
4:05 pm – 4:15 pm	BREAK				
4:15 pm – 5:05 pm	Psycho-Educational Group	Psycho-Educational Group	Skills Development Group	Psycho-Educational Group	Skills Development Group
5:05 pm – 5:45 pm	LUNCH				
5:45 pm – 6:35 pm	Support/Specialized Group	Support/Specialized Group	Support/Specialized Group	Support/Specialized Group	Support/Specialized Group
6:35 pm – 6:50 pm	Check-Out				

SOBER LIVING INTENSIVE OUTPATIENT PROGRAM – AFTERNOON

TIMES	MONDAY	WEDNESDAY	FRIDAY
2:00 pm – 2:15 pm	Check-In		
2:15 pm – 3:05 pm	Interpersonal Process Group		
3:05 pm – 3:15 pm	BREAK		
3:15 pm – 4:05 pm	Specialized group on Substance Use Disorder and Treatment		
4:05 pm – 4:15 pm	BREAK		
4:15 pm – 5:05 pm	Specialized group on Substance Use Disorder and Treatment		
5:05 pm – 5:20 pm	Check-Out		