



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 – 1:45 pm	BREAK				
1:45 pm – 2:35 pm	Healthy Living	Yoga	Music Therapy	Music Movement	Yoga

MENTAL WELLNESS INTENSIVE OUTPATIENT PROGRAM – MORNING

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	Skills Development Group	Cognitive-Behavioral Therapy Skills Development Group	Dialectable Behavioral Therapy Skills Development Group	Dialectable Behavioral Therapy Skills Development Group	Cognitive-Behavioral Therapy Skills Development Group
12:05 pm – 12:20 pm	Check-Out				

SOBER LIVING PARTIAL HOSPITALIZATION PROGRAM – AFTERNOON

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:00 am – 11:50 pm	Healthy Living	Music Movement	Music Therapy	Music Movement	—
12:00 pm – 12:50 pm	Interpersonal Process Group	Interpersonal Process Group	Interpersonal Process Group	Interpersonal Process Group	Interpersonal Process Group
12:50 pm – 1:00 pm	BREAK				
1:00 pm – 1:50 pm	Cognitive-Behavioral Therapy Group	Cognitive-Behavioral Therapy Group	Cognitive-Behavioral Therapy Group	Cognitive-Behavioral Therapy Group	Cognitive-Behavioral Therapy Group
1:50 pm – 2:00 pm	BREAK				
2:00 pm – 2:50 pm	Psycho-Educational Group	Psycho-Educational Group	Skills Development Group	Psycho-Educational Group	Skills Development Group
2:50 pm – 3:00 pm	LUNCH				
3:00 pm – 3:50 pm	Support/ Specialized Group	Support/ Specialized Group	Support/ Specialized Group	Support/ Specialized Group	Support/ Specialized Group
3:50 pm – 4:00 pm	BREAK				
4:00 pm – 5:00 pm	—	—	—	—	Recovery Circle

SOBER LIVING INTENSIVE OUTPATIENT PROGRAM – AFTERNOON

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:45 am – 12:00 pm	Check-In				
12:00 pm – 12:50 pm	Interpersonal Process Group				
12:50 pm – 1:00 pm	BREAK				
1:00 pm – 1:50 pm	Specialized Group on Substance Use Disorder and Treatment				
1:50 pm – 2:00 pm	BREAK				
2:00 pm – 2:50 pm	Specialized Group on Substance Use Disorder and Treatment				
2:50 pm – 3:00 pm	Check-Out				