



PROGRAM SCHEDULE

Dakota



	Monday	Tuesday	Wednesday	Thursday
5:30pm	Check-in	Check-in	Check-in	Check-in
6:15pm	Break	Break	Break	Break
6:25pm	Topic/Process	Topic/Process	Topic/Process	Topic/Process
7:10pm	Break	Break	Break	Break
7:20pm	CBT/DBT Skills	Skills Group	Connections Curriculum	CBT/DBT Skills
8:05pm	End	Break	End	Break
8:15pm	Special Topic Group	Wellness Group	Special Topic Group	Wellness Group
9pm	End	End	End	End
Required Programming				

	Friday		Saturday
9:30am	Mindfulness	10am	Check-in
10:20a	Break	10:50	Break
10:30a	Co-Occurring Group	11am	Skills Group
11:20a	Break	11:50	Break
11:30a	360° Wellness <i>Starting 3/15</i>	12pm	Open Group
12:20p	End	12:50	End
Make-up Group Days			