



ADULT GROUP SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am	Group Check-in	Group Check-in	Group Check-in	Group Check-in	Mindfulness <i>Starting 3/15</i>
10:20am	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>
10:30am	Topic/Process	Topic/Process	Topic/Process	Topic/Process	Living in Balance <i>Starting 3/15</i>
11:20am	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>	<i>Break</i>
11:30am	DBT Skills	DBT Skills	Connections Group	Recovery Planning/ or Speaker	360° Wellness <i>Starting 3/15</i>
12:20pm	<i>End</i>	<i>Break</i>	<i>End</i>	<i>Break</i>	<i>End</i>
12:40pm		Special Topic Group <i>Starting 3/3</i>		Special Topic Group <i>Starting 3/3</i>	
1:30pm		<i>End</i>		<i>End</i>	

Changes: Starting March 3rd, we will be adding an additional group on Tuesday and Thursday to allow an opportunity for makeup groups and higher intensity programming.

Starting March 15th, we will be adding group programming on Fridays.

Effective April 1st, **High-Intensity programming will require 14 hours of group per week.** This includes all individuals who are in Phase 1, as well as those who receive a housing stipend.

Talk to your counselor to discuss how these changes will impact your treatment plan and to come up with a schedule