

Adolescent Week 1**Monday**

9:00 to 9:30 Weekend review and Goal Setting

9:30 to 10:15 Group Talk Therapy

10:30 to 11:30 Tutoring

11:30 to 12:00 LUNCH BREAK

12:00 to 12:45 Emotions Vocabulary

12:45 to 1:30 Acceptance vs. Change

1:30 to 2:00 Evening Goals & Wrap Up

Tuesday

9:00 to 9:30 Check-in and Goal Setting

9:30 to 10:15 Group Talk Therapy

10:30 to 11:30 Tutoring

11:30 to 12:00 LUNCH BREAK

12:00 to 12:45 "How" and "What" skills

12:45 to 1:30 Mindfulness Activity

1:30 to 2:00 Evening Goals & Wrap Up

Wednesday

9:00 to 9:30 Check-in and Goal Setting

9:30 to 10:15 Group Talk Therapy

10:30 to 11:30 Tutoring

11:30 to 12:00 LUNCH BREAK

12:00 to 12:45 "ABC PLEASE" Skills

12:45 to 1:30 Opposite Action Skill

1:30 to 2:00 Evening Goals & Wrap Up

Thursday

9:00 to 9:30 Check-in and Goal Setting

9:30 to 10:15 Group Talk Therapy

10:30 to 11:30 Tutoring

11:30 to 12:00 LUNCH BREAK

12:00 to 12:45 "Give" & "Fast" Skills

12:45 to 1:30 Self-Esteem Group

1:30 to 2:00 Evening Goals & Wrap Up

Friday

9:00 to 9:30 Check-in and Goal Setting

9:30 to 10:15 Group Talk Therapy

10:30 to 11:30 Tutoring

11:30 to 12:00 LUNCH BREAK

12:00 to 12:45 "ACCEPTS" Skills

12:45 to 1:30 Weekend Safety Planning

1:30 to 2:00 Weekend Goals & Wrap Up

Adolescent Week 2**Monday**

9:00 to 9:30 Check-in and Goal Setting

9:30 to 10:15 Group Talk Therapy

10:30 to 11:30 Tutoring

11:30 to 12:00 LUNCH BREAK

12:00 to 12:45 Distorted Thinking

12:45 to 1:30 Expressive Therapy

1:30 to 2:00 Evening Goals & Wrap Up

Tuesday

9:00 to 9:30 Check-in and Goal Setting

9:30 to 10:15 Group Talk Therapy

10:30 to 11:30 Tutoring

11:30 to 12:00 LUNCH BREAK

12:00 to 12:45 3 States of Mind

12:45 to 1:30 Mindfulness Activity

1:30 to 2:00 Evening Goals & Wrap Up

Wednesday

9:00 to 9:30 Check-in and Goal Setting

9:30 to 10:15 Group Talk Therapy

10:30 to 11:30 Tutoring

11:30 to 12:00 LUNCH BREAK

12:00 to 12:45 Check the Facts

12:45 to 1:30 Willingness

1:30 to 2:00 Evening Goals & Wrap Up

Thursday

9:00 to 9:30 Check-in and Goal Setting

9:30 to 10:15 Group Talk Therapy

10:30 to 11:30 Tutoring

11:30 to 12:00 LUNCH BREAK

12:00 to 12:45 "Dearman" Skills

12:45 to 1:30 Self-Esteem Group

1:30 to 2:00 Evening Goals & Wrap Up

Friday

9:00 to 9:30 Check-in and Goal Setting

9:30 to 10:15 Group Talk Therapy

10:30 to 11:30 Tutoring

11:30 to 12:00 LUNCH BREAK

12:00 to 12:45 "IMPROVE" Skills

12:45 to 1:30 Weekend Safety Planning

1:30 to 2:00 Weekend Goals & Wrap Up

Adolescent Week 3**Monday**

9:00 to 9:30 Check-in and Goal Setting

9:30 to 10:15 Group Talk Therapy

10:30 to 11:30 Tutoring

11:30 to 12:00 LUNCH BREAK

12:00 to 12:45 "Both, And" Thinking

12:45 to 1:30 Expressive Therapy

1:30 to 2:00 Evening Goals & Wrap Up

Tuesday

9:00 to 9:30 Check-in and Goal Setting

9:30 to 10:15 Group Talk Therapy

10:30 to 11:30 Tutoring

11:30 to 12:00 LUNCH BREAK

12:00 to 12:45 Non-judgmental Stance

12:45 to 1:30 Self-Soothe Skills Training

1:30 to 2:00 Evening Goals & Wrap Up

Wednesday

9:00 to 9:30 Check-in and Goal Setting

9:30 to 10:15 Group Talk Therapy

10:30 to 11:30 Tutoring

11:30 to 12:00 LUNCH BREAK

12:00 to 12:45 Anger Management

12:45 to 1:30 Health and Wellness

1:30 to 2:00 Evening Goals & Wrap Up

Thursday

9:00 to 9:30 Check-in and Goal Setting

9:30 to 10:15 Group Talk Therapy

10:30 to 11:30 Tutoring

11:30 to 12:00 LUNCH BREAK

12:00 to 12:45 Family Issues

12:45 to 1:30 Worry Thoughts

1:30 to 2:00 Evening Goals & Wrap Up

Friday

9:00 to 9:30 Check-in and Goal Setting

9:30 to 10:15 Group Talk Therapy

10:30 to 11:30 Tutoring

11:30 to 12:00 LUNCH BREAK

12:00 to 12:45 Problem-Solving

12:45 to 1:30 Weekend Safety Planning

1:30 to 2:00 Weekend Goals & Wrap Up