

Adult Week 1**Monday**

9:00 to 9:30 Weekend review and Goals group
 9:30 to 10:15 Group Talk Therapy
 11 :30 to 12: 15 Emotions Vocabulary
 12:15 to 12:45 LUNCH BREAK
 12:45 to 1:30 Acceptance vs Change
 1:45 to 2:30 Emotion Regulation
 2:30 to 3:00 Evening Goals & Wrap Up

Tuesday

9:00 to 9:30 Goals group
 9:30 to 10:15 Group Talk Therapy
 11 :30 to 12: 15 Opposite Action Skills
 12:15 to 12:45 LUNCH BREAK
 12:45 to 1:30 Core Mindfulness
 1:45 to 2:30 Mindfulness Activity
 2:30 to 3:00 Evening Goals & Wrap Up

Wednesday

9:00 to 9:30 Goals group
 9:30 to 10:15 Group Talk Therapy
 11 :30 to 12: 15 Relationship Issues
 12:15 to 12:45 LUNCH BREAK
 12:45 to 1:30 Interpersonal Effectiveness
 1:45 to 2:30 Expressive Arts
 2:30 to 3:00 Evening Goals & Wrap Up

Thursday

9:00 to 9:30 Goals group
 9:30 to 10:15 Group Talk Therapy
 11 :30 to 12: 15 Anger Management
 12:15 to 12:45 LUNCH BREAK
 12:45 to 1:30 Self Esteem Group
 1:45 to 2:30 Steps to Recovery
 2:30 to 3:00 Evening Goals & Wrap Up

Friday

9:00 to 9:30 Goals group
 9:30 to 10:15 Group Talk Therapy
 11 :30 to 12: 15 Health and Wellness
 12:15 to 12:45 LUNCH BREAK
 12:45 to 1:30 Self Sabotage
 1:45 to 2:30 Weekend Safety Planning
 2:30 to 3:00 Evening Goals & Wrap Up

Adult Week 2**Monday**

9:00 to 9:30 Weekend review and Goals group
 9:30 to 10:15 Group Talk Therapy
 11 :30 to 12: 15 Conflict Resolution
 12:15 to 12:45 LUNCH BREAK
 12:45 to 1:30 Thought Pattern Identification
 1:45 to 2:30 Challenging Thought Distortions
 2:30 to 3:00 Evening Goals & Wrap Up

Tuesday

9:00 to 9:30 Goals group
 9:30 to 10:15 Group Talk Therapy
 11 :30 to 12: 15 Radical Acceptance
 12:15 to 12:45 LUNCH BREAK
 12:45 to 1:30 Stress and Anxiety Management
 1:45 to 2:30 Mindfulness Activity
 2:30 to 3:00 Evening Goals & Wrap Up

Wednesday

9:00 to 9:30 Goals group
 9:30 to 10:15 Group Talk Therapy
 11 :30 to 12: 15 Relapse Prevention
 12:15 to 12:45 LUNCH BREAK
 12:45 to 1:30 Grief Group
 1:45 to 2:30 Expressive Arts
 2:30 to 3:00 Evening Goals & Wrap Up

Thursday

9:00 to 9:30 Goals group
 9:30 to 10:15 Group Talk Therapy
 11 :30 to 12: 15 Distress Tolerance
 12:15 to 12:45 LUNCH BREAK
 12:45 to 1:30 Self Esteem Group
 1:45 to 2:30 Social Skills Activity
 2:30 to 3:00 Evening Goals & Wrap Up

Friday

9:00 to 9:30 Goals group
 9:30 to 10:15 Group Talk Therapy
 11 :30 to 12: 15 Health and Wellness
 12:15 to 12:45 LUNCH BREAK
 12:45 to 1:30 Sensory Awareness
 1:45 to 2:30 Weekend Safety Planning
 2:30 to 3:00 Evening Goals & Wrap Up

Adult Week 3**Monday**

9:00 to 9:30 Weekend review and Goals group
 9:30 to 10:15 Group Talk Therapy
 11 :30 to 12: 15 Emotion Regulation
 12:15 to 12:45 LUNCH BREAK
 12:45 to 1:30 Acceptance vs Change
 1:45 to 2:30 Emotion Regulation
 2:30 to 3:00 Evening Goals & Wrap Up

Tuesday

9:00 to 9:30 Goals group
 9:30 to 10:15 Group Talk Therapy
 11 :30 to 12: 15 Core Mindfulness
 12:15 to 12:45 LUNCH BREAK
 12:45 to 1:30 Symptom Identification
 1:45 to 2:30 Mindfulness Activity
 2:30 to 3:00 Evening Goals & Wrap Up

Wednesday

9:00 to 9:30 Goals group
 9:30 to 10:15 Group Talk Therapy
 11 :30 to 12: 15 Relationship Roles and Patterns
 12:15 to 12:45 LUNCH BREAK
 12:45 to 1:30 Anger Management
 1:45 to 2:30 Expressive Arts
 2:30 to 3:00 Evening Goals & Wrap Up

Thursday

9:00 to 9:30 Goals group
 9:30 to 10:15 Group Talk Therapy
 11 :30 to 12: 15 Distress Tolerance
 12:15 to 12:45 LUNCH BREAK
 12:45 to 1:30 Self Esteem Group
 1:45 to 2:30 Stress Reduction
 2:30 to 3:00 Evening Goals & Wrap Up

Friday

9:00 to 9:30 Goals group
 9:30 to 10:15 Group Talk Therapy
 11 :30 to 12: 15 Health and Wellness
 12:15 to 12:45 LUNCH BREAK
 12:45 to 1:30 Conflict Resolution
 1:45 to 2:30 Weekend Safety Planning
 2:30 to 3:00 Evening Goals & Wrap Up