

Adult PHP Sample Schedule

<p>Adult Week 1</p> <p>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</p> <p>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</p> <p>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</p> <p>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</p> <p>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</p>	<p>Adult Week 2</p> <p>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</p> <p>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</p> <p>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</p> <p>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</p> <p>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</p>	<p>Adult Week 3</p> <p>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</p> <p>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</p> <p>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</p> <p>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</p> <p>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</p>
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Take the first step toward recovery and schedule a no-cost, in person or virtual assessment today. Scan the QR code or call 781-924-8203 to speak with one of our caring professionals. Most insurances accepted including MassHealth

