

Virtual Group Programming Weekly Schedule

Partial Hospitalization Program (PHP)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9am - 9:45am	GOAL PLANNING	GOAL PLANNING	GOAL PLANNING	GOAL PLANNING	GOAL PLANNING
10am to 11am	Emotion Regulation	Distress Tolerance	Interpersonal Effectiveness DBT Orientation	Mindfulness	Group Psychotherapy Addictive Behaviors & Codependency
11:15am to 12:15pm	Group Psychotherapy	Coping With Anxiety & Depression Balanced Living Team A	Group Psychotherapy Art Therapy (Teams Alternate)	Coping With Anxiety & Depression Balanced Living Team B	Taking It Home
12:15pm to 12:30pm	Review of the Day	Review of the Day	Review of the Day	Review of the Day	