

Virtual Group Programming Weekly Schedule

Partial Hospitalization Program (PHP)

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Intensive Outpatient Program (IOP)

<i>Morning Session</i>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<i>Afternoon Session</i>
9am - 9:30am	GOAL PLANNING	GOAL PLANNING	GOAL PLANNING	GOAL PLANNING	GOAL PLANNING	12:30pm - 1pm
9:45am - 10:45am	Emotion Regulation	Distress Tolerance	Interpersonal Effectiveness	Mindfulness	Psychotherapy	1:15pm - 2:15pm
11am - 11:45am	Psychotherapy	Coping with Anxiety & Depression	Psychotherapy	Healthy Communication	Taking It Home	2:30pm - 3:15pm
11:45am - 12pm	Review of the Day	Review of the Day	Review of the Day	Review of the Day		3:15pm - 3:30pm