

Partial Hospitalization Program

Monday	Tuesday	Wednesday	Thursday	Friday
12:30pm-1:30pm Therapeutic Lunch	12:30pm-1:30pm Therapeutic Lunch	12:30pm-1:30pm Therapeutic Lunch	12:30pm-1:30pm Therapeutic Lunch	8:15am-8:45am Breakfast
1:30pm-2:00pm Health Group	1:30pm-2:00pm Therapeutic Assignments	1:30pm-2:00pm Therapeutic Assignments	1:30pm-2:00pm Therapeutic Assignments	9:00am-10:30am Weekend Planning
2:00pm-2:45pm Labs	2:00pm-2:45pm Dialectical Behavioral Therapy Group	2:00pm-2:45pm Psychology 101	2:00pm-2:45pm Dialectical Behavioral Therapy Group	10:30am-11:00am Snack
3:00pm-3:30pm Snack	3:00pm-3:30pm Snack	3:00pm-3:30pm Snack	3:00pm-3:30pm Snack	11:00am-12:00pm Cognitive Behavioral Therapy Group
3:30pm-4:00pm Commitments	3:30pm-4:00pm Assignments/Meet w/Treatment Team	3:30pm-4:00pm Commitments	3:30pm-4:00pm Commitments	Therapeutic Hour/ Break
4:00pm-5:00pm Individual Sessions	4:00pm-5:00pm Individual Sessions	4:00pm-5:00pm Individual Sessions	4:00pm-5:00pm Individual Sessions	
5:00pm-6:15pm Interpersonal Process Group	5:00pm-6:15pm Expressive Arts Group	5:00pm-6:15pm Interpersonal Process Group	5:00pm-6:15pm Interpersonal Process Group	12:30pm-1:30pm Therapeutic Lunch *possible lunch outing
6:15pm-7:00pm Therapeutic Meal Group	6:15pm-7:00pm Therapeutic Meal Group	6:15pm-7:00pm Therapeutic Meal Group	6:15pm-7:00pm Therapeutic Meal Group	1:30pm-2:00pm Weekly Closure
Individual or Family Therapy	*6:00pm-7:00pm Family and Friends Support Group	7:00pm-8:00pm Mindfulness/ Relaxation Group	7:00pm-8:00pm Cognitive Behav- ioral Therapy	

*Family and Friend Support Group meets select Tuesdays from 6p-7:00p. This group does not include the New Dawn client, just their loved ones.