

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.