

2022 PROGRAM SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PHP	<p>9:00am - 10:30am Process Group</p> <p>10:30am - 12:30pm ACT</p> <p>1:00pm - 3:00pm Expressive Writing/Artistic Expression</p> <p>3:00-4:00pm Integrative Therapies</p>	<p>9:00am - 10:30am Process Group</p> <p>10:30am - 12:30pm DBT Skills Group</p> <p>1:00pm - 2:30pm Psychodrama</p> <p>2:30pm - 3:00pm Guided Meditation</p> <p>3:00-4:00pm Integrative Therapies</p>	<p>9:00am - 10:30am Process Group</p> <p>10:30am - 12:30pm Somatic Integration-Calming the Nervous System</p> <p>1:00pm - 3:00pm Creative Arts Therapy for Integration</p> <p>3:00-4:00pm Integrative Therapies</p>	<p>9:00am - 10:30am Body Image or Healthy Relationships/ Attachment</p> <p>10:30am - 12:30pm Process Group</p> <p>1:00pm - 3:00pm Holistic Healing</p> <p>3:00-4:00pm Integrative Therapies</p>	<p>9:00am - 10:30am Process Group</p> <p>10:30am - 12:30pm RO-DBT</p> <p>1:00pm - 3:00pm CBT & Weekend Planning</p> <p>3:00-4:00pm Integrative Therapies</p>
IOP	<p>9:00am - 10:30am Process Group</p> <p>10:30am - 12:00pm Somatic Integration</p> <p>12:00-:100pm Integrative Therapies</p>	<p>9:00am - 10:30am Process Group or Pain Process Group</p> <p>10:30am - 12:00pm Psychodrama</p> <p>12:00-:100pm Integrative Therapies</p>	<p>9:00am - 10:30am Expressive Writing/ Artistic Expression</p> <p>10:30am - 12:00pm ACT</p> <p>12:00-:100pm Integrative Therapies</p>	<p>9:00am - 10:30am Body Image or Healthy Relationships/ Attachment</p> <p>10:30am - 12:00pm Process Group or Pain Interventions</p> <p>12:00-:100pm Integrative Therapies</p>	<p>9:00am - 12pm Movement & Recovery Oriented Action</p> <p>12:00-:100pm Integrative Therapies</p>