



DAY TREATMENT / PARTIAL HOSPITALIZATION PROGRAM (PHP) - Example Schedule *Subject to change

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM	Art Therapy	Recreation Therapy	Horticulture Therapy	Culinary Nutrition	Drumming
9:30 AM		Health Promotion	S.A. Group Education Rm or WK. 1 Open Horticulture or Art WK. 2 Open Gym or Music		DBT
10:00 AM	Managing Anxiety				
10:30 AM	DBT			Healthy Relationships	
11:00 AM	Lunch	Self-Awareness	Lunch	Lunch	Lunch
11:30 AM		Lunch			
12:00 PM	Meditation	Process Group	Meditation	Meditation	Meditation
12:30 PM	Horticulture Therapy	Music Therapy	Recreation Therapy	Music Therapy	Nutrition Education
1:00 PM			Process Group	Relapse Prevention	CBT
1:30 PM	CBT	Yoga	Process Group	Relapse Prevention	CBT
2:00 PM		Yoga			
2:30 PM		Yoga			
3:00 PM	CBT	Yoga	Process Group	Relapse Prevention	CBT
3:30 PM					
4:00 PM	Depart	Depart	Depart	Depart	Depart