



CO-OCCURRING PARTIAL HOSPITALIZATION: TRACK #3					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM	Process Group	DBT: Emotional Regulation	12 Steps	CBT for Mental Health	Process Group
10:00 AM	Mind-Body Connection	Music Therapy	Expressive Writing/Journaling for Recovery	Art Therapy	DBT: Distress Tolerance
11:00 AM	CBT for Addiction	Process Group	Health & Wellness	Coping with Cravings	Open Mic
12:00 PM	Lunch 12-1	Lunch 12-1	Lunch 12-1	Lunch 12-1	Lunch 12-1
1:00 PM	DBT: Interpersonal Effectiveness & Conflict Resolution	Spiritual Wellness	Healthy Relationships	Trauma & Addiction	Relapse Prevention Implementation
2:15 PM	Coffee Break (2:15-2:30)	Coffee Break (2:15-2:30)	Coffee Break (2:15-2:30)	Coffee Break (2:15-2:30)	Coffee Break (2:15-2:30)
2:30 PM	Relapse Prevention Planning	Co-Occurring Disorders	Drama Therapy	Strengths-Based Recovery & Self-Awareness	12 Steps
4:00 PM	Depart	Depart	Depart	Depart	Depart

**Subject to change.*



**Subject to change.*