

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|-------------|--|-------------|---|-------------|--|-------------|---|-------------|-------------------------|
| 10:00 | Drop-off | 10:00 | Drop-off | 10:00 | Drop-off | 10:00 | | 10:00 | Drop-off |
| 10:30-12:00 | Primary Process Group | 10:30-12:00 | DBT Mindfulness Based-Stress Reduction | 10:30-12:00 | Primary Process Group | 10:30-12:00 | Family Dynamics | 10:30-12:00 | Primary Process Group |
| 12:00-1:00 | Meds Lunch | 12:00-1:00 | Meds Lunch | 12:00-1:00 | Meds Lunch | 12:00-1:00 | Meds Lunch | 12:00-1:00 | Meds Lunch |
| 1:00 - 2:00 | DBT Skills Group Relapse Prevention | 1:00 - 2:00 | Vocational Group | 1:00 - 2:00 | Art | 1:00 - 2:00 | DBT Skills Group Chemical Dependency DBT | 1:00-2:00 | Nutrition |
| 2:00-2:15 | Break | 2:00-2:15 | Break | 2:00-2:15 | Break | 2:00-2:15 | Break | 2:00-2:15 | Break |
| 2:15 - 3:15 | PHP Integration | 2:15 - 3:15 | Male Trauma Female Trauma Cognitive Remediation | 2:15 - 3:15 | Seeking Safety REBT Group | 2:15 - 3:15 | Male Trauma Female Trauma Cognitive Remediation | 2:15 - 3:15 | Body & Health |
| 3:15-3:30 | Break | 3:15-3:30 | Break | 3:15-3:30 | Break | 3:15-3:30 | Break | 3:15-3:30 | Break |
| 3:30-4:30 | Metabolic (Gym) | 3:30-4:30 | Process A B Process | 3:30-4:30 | Cognitive Remediation Healing with Sound-Music Therapy | 3:30-4:30 | CBT Coping Strategies for Anxiety | 3:30-4:30 | Metabolic Fitness (Gym) |