



In Person Client Schedule 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
9-10	Therapeutic Breakfast Meal Support	Therapeutic Breakfast Meal Support	Therapeutic Breakfast Meal Support	Therapeutic Breakfast Meal Support	Therapeutic Breakfast Meal Support
10-11:30	Weekend Review/ Skills Group	CBT/DBT Skills Group	CBT/DBT Skills and Process Group	Skills Building Group	Meal Planning & Weekend Planning
	Break/Ind. Study	Break/Ind. Study	Break/Ind. Study	Break/Ind. Study	Break/Ind. Study
12-1	Therapeutic Lunch Meal Support	Therapeutic Lunch Meal Support	Therapeutic Lunch Meal Support (Meal Outing)	Therapeutic Lunch Meal Support	Therapeutic Lunch Meal Support
1-2:30	CBT/DBT Skills and Process Group	Experiential Psychotherapy	Expressive Arts	<i>Independent Studies</i>	Art and Media Group
	Break/Ind. Study	Break/Ind. Study	Break/Ind. Study	Break/Ind. Study	Break/Ind. Study
3-3:30	Therapeutic Snack Meal	Therapeutic Snack Meal	Therapeutic Snack Meal	Therapeutic Snack Meal	Therapeutic Snack Meal
4-5:30	Weekend Review/Skills Group	Nutrition Group/ Cooking Skills		CBT/DBT Skills and Process Group	
	Break/Ind. Study	Break/Ind. Study	Break/Ind. Study	Break/Ind. Study	
6-7	Therapeutic Dinner Meal Support	Therapeutic Dinner Meal Support		Therapeutic Dinner Meal Support	

IOP Groups: Morning: 9-12/1pm, Afternoon: 12-3/4pm, Evening 3/4pm-7pm
PHP Groups: 7 hours per day