

3:00-3:15 PM

**Monday
Check-In**

**Weekly Schedule/
Expectations/Core
Mindfulness DBT Skills**

3:15-4:00 PM

**Adolescent DBT Skills
Group**

4:00- 5:00PM

Process Group

5:00-6:00 PM

6:00-6:15 PM

Check-Out/Debrief

**Tuesday
Check-In**

Mindful Movement Group

3:15-4:25 PM

Multi Family Skills Group

4:30 PM-6:00 PM

Check-Out/Debrief

**Wednesday
Check-In**

EF Coaching

3:15-4:00 PM

**Adolescent DBT
Skills Group**

4:00- 5:00PM

Process Group

5:00-6:00 PM

Check-Out/Debrief

**Thursday
Check-In**

Mindful Arts Group

3:15-4:25 PM

**Multi Family Skills
Group**

4:30 PM-6:00 PM

Check-Out/Debrief