



A COLLABORATION OF EXPERTS FROM



|                                    | Monday                           | Tuesday                              | Wednesday                            | Thursday                             |
|------------------------------------|----------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| 2:30-3:00 PM<br>or<br>3:30-4:00 PM | <b>Medication Management</b>     | <b>Medication Management</b>         | <b>Medication Management</b>         | <b>Medication Management</b>         |
| 3:00-4:10 PM                       | <b>Mindful Movement Group</b>    | <b>Mindful Movement Group</b>        | <b>Mindful Expressive Arts Group</b> | <b>Mindful Expressive Arts Group</b> |
| 4:10-4:15 PM                       | <b>Break</b>                     | <b>Break/Transition</b>              | <b>Break</b>                         | <b>Break/Transition</b>              |
| 4:15-5:10 PM                       | <b>DBT Skills Practice Group</b> | <b>Multi Family DBT Skills Group</b> | <b>DBT Skills Practice Group</b>     | <b>Multi Family DBT Skills Group</b> |
| 5:10-5:15 PM                       | <b>Break</b>                     | 4:15-6:15 PM                         | <b>Break</b>                         | 4:15-6:15 PM                         |
| 5:15-6:15 PM                       | <b>Life Worth Living Group</b>   |                                      | <b>Applied Skills Group</b>          |                                      |