

### Day Program 1 (4-Day) Group Schedule

MONDAY	WEDNESDAY	THURSDAY	FRIDAY
11:00 – 12:20 Weekend Plan Outcome	11:00 – 12:20 Relapse Prevention	12:00 – 1:20 Positive Communication	11:00 – 12:20 Relapse Prevention
12:20 – 12:40 20 Minute Break	12:20 – 12:40 20 Minute Break	1:20 – 1:40 20 Minute Break	12:20 – 12:40 20 Minute Break
12:40 – 2:00 Dialectical Behavior Therapy (DBT)	12:40 – 2:00 DBT Consultation	1:40 – 3:00 Moving Forward	12:40 – 2:00 Weekend Planning

### Day Program 2 (3-Day) Group Schedule

TUESDAY	THURSDAY	FRIDAY
12:00 – 1:20 Weekend Plan Outcome	12:00 – 1:20 DBT Skills	11:00 – 12:20 CBT/Relapse Prevention
1:20 – 1:40 20 Minute Break	1:20 – 1:40 20 Minute Break	12:20 – 12:40 20 Minute Break
1:40 – 3:00 CBT/Relapse Prevention	1:40 – 3:00 Moving Forward/ Communication	12:40 – 2:00 Weekend Planning