

## »» Adult PHP Schedule ««

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8-8:30	Vitals				
8:30-9:15	Breakfast				
9:15 -10:00	Mixed Media	Process/ EDMR	Journal Time	DBT	Body Image
10:00-10:45	Intention Setting		Body Bio		
10:45-11	Snack				
11-12	Yoga	Empowered Relationships	RODBT	Advocacy	Weekend Goals/ Relapse Prevention
12-1	Lunch				
1-2	Treatment Hour				
2-2:45	Recovery Goals	Emotions	Binder Group	Yoga	Creative Expressions
2:45-3	Snack				