

## Weekly Schedule of Day Programs

	Mon	Tues	Wed	Thur	Fri
Acceptance & Commitment Therapy (ACT) Day Program		✓			
ACT Advanced Day Program				✓	
Addictive Behaviours Day Program				✓	
Dialectical Behavior Therapy (DBT) Skills Training Day Program		✓	✓		
Dialectical Behavior Therapy (DBT) Foundations Day Program		✓			
Diversional Therapy Day Program	✓			✓	
Living Well Program (General Day Program)	✓				✓
Moving Towards Wellness Day Program		✓		✓	
Positive Psychology + Day Program	✓				
Trauma and Recovery Day Program Stage 1: Creating Safety	✓				
Trauma and Recovery Day Program Stage 2: Managing Trauma	✓				