

Day Program Dates 2024

CLOSED PROGRAMS:

Program Name	Half or Full Day	Day of the Week	Commencement Date	Completion Date	# weeks	Zoom capability
ACT	Full	Tuesdays	23 rd January	26 th March	10 weeks	✓
			16 th April	18 th June	10 weeks	
			9 th July	10 th September	10 weeks	
			1 st October	3 rd December	10 weeks	
DBT Foundations	Full	Wednesdays	20 th March	3 rd April	3 weeks	✓
			5 th June	19 th June	3 weeks	
			14 th August	28 th August	3 weeks	
			2 nd October	16 th October	3 weeks	
			4 th December	18 th December	3 weeks	
DBT: CM & DT JANUARY INTAKE	Full	Tuesdays	9 th January	27 th February	8 weeks	✓
		Wednesdays	10 th January	28 th February	8 weeks	
DBT: CM & IE MARCH INTAKE	Full	Tuesdays	5 th March	16 th April	7 weeks	✓
		Wednesdays	6 th March	17 th April	7 weeks	
DBT: CM & ER APRIL/MAY INTAKE	Full	Tuesdays	30 th April	25 th June	9 weeks	✓
		Wednesdays	1 st May	26 th June	9 weeks	
DBT: CM & DT JULY INTAKE	Full	Tuesdays	2 nd July	20 th August	8 weeks	✓
		Wednesdays	3 rd July	21 st August	8 weeks	
DBT: CM & IE SEPTEMBER INTAKE	Full	Tuesdays	3 rd September	15 th October	7 weeks	✓
		Wednesdays	4 th September	16 th October	7 weeks	
DBT: CM & ER OCTOBER INTAKE	Full	Tuesdays	22 nd October	17 th December	9 weeks	✓
		Wednesdays	23 rd October	18 th December	9 weeks	
Managing Worry: GAD	Full	Wednesdays	7 th February	13 th March	6 weeks	✓
			17 th April	22 nd May	6 weeks	
			3 rd July	7 th August	6 weeks	
			23 rd October	27 th November	6 weeks	
Trauma and Recovery Day Program	Full	Tuesdays	16 th Jan	2 nd April	12 weeks	✗
			9 th April	25 th June	12 weeks	
			9 th July	24 th September	12 weeks	
			1 st October	17 th December	12 weeks	
PTSD000	Full	Thurs & Fri	1 st February	5 th April	10 weeks*	✓
			18 th April	21 st June	10 weeks*	
			11 th July	13 th September	10 weeks	
			3 rd October	6 th December	10 weeks	
Schema Therapy for Depression	Full	Wednesdays	31 st January	17 th April	12 weeks	✗
			3 rd July	18 th September	12 weeks	
			2 nd October	18 th December	12 weeks	

*PTSD000 one less day in program due to public holidays (19 sessions in total).

OPEN PROGRAMS:

Program Name	Half or Full Day	Day of the Week	Re-Commencement Date (Jan onwards)	# weeks	Zoom capability
Addictive Behaviours	Full	Thursdays	4 th January 2024	12 weeks	✓
Creating Wellbeing	Full	Mondays	8 th January 2024	12 weeks	✗
	Full	Thursdays	4 th January 2024	12 weeks	
	Full	Fridays	5 th January 2024	12 weeks	
Living Well Program	Full	Mondays	8 th January 2024	12 weeks	✗
	Full	Fridays	5 th January 2024	12 weeks	
Positive Psychology +	Full	Mondays	8 th January 2024	12 weeks	✓