



<b>Virtual Morning IOP</b>	<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>
9:00	<b>Process Group</b>	<b>DBT</b>	<b>Self-Awareness</b>
10:00	<b>Integrative Activity</b>	<b>Integrative Activity</b>	<b>Integrative Activity</b>
11:00	<b>CBT</b>	<b>Managing Anxiety</b>	<b>Process</b>
12:00	<b>End</b>	<b>End</b>	<b>End</b>

<b>Virtual Afternoon IOP</b>	<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>
1:00	<b>Process Group</b>	<b>Process Group</b>	<b>Therapy Group</b>
2:00	<b>Integrative Activity</b>	<b>Integrative Activity</b>	<b>Integrative Activity</b>
3:00	<b>Therapy Group</b>	<b>Therapy Group</b>	<b>Process Group</b>
4:00	<b>End</b>	<b>End</b>	<b>End</b>

<b>Evening IOP</b>	<b>Monday</b>	<b>Wednesday</b>	<b>Thursday</b>
6:00	<b>Recreation Therapy</b>	<b>Art Therapy</b>	<b>Music Therapy</b>
7:00	<b>Process Group</b>	<b>Process Group</b>	<b>Process Group</b>
7:45	<b>Break</b>	<b>Break</b>	<b>Break</b>
8:00	<b>CBT/DBT</b>	<b>CBT/DBT</b>	<b>CBT/DBT</b>
9:00	<b>Depart</b>	<b>Depart</b>	<b>Depart</b>

*\*Subject to change.*