



PARTIAL HOSPITALIZATION: TRACK #1					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM	Art Therapy Multipurpose room (9-10:30)	Creative Writing Multipurpose room (9-10)	Process group Multipurpose room (9-10)	CBT Multipurpose Room (9-10:30)	Recreation Therapy Multipurpose Room (9-10)
9:30 AM		Health Promotion Multipurpose room (10-11)	Music Therapy Multipurpose room (10-11)		Art Therapy Multipurpose room (10-11)
10:00 AM		DBT Multipurpose room (10:30-12)	Self-Awareness Multipurpose room (11-12)		Managing Anxiety Multipurpose room (11-12)
10:30 AM	Music Therapy gym (12-1)	Healthy Relationships Gym (12-1)	Relapse Prevention Gym (12-1)	Nutrition Education Learning Kitchen (12-1)	Culinary Nutrition Learning Kitchen (12-1)
11:00 AM		Lunch (1-1:45)	Lunch (1-1:45)		Lunch (1-1:45)
11:30 AM	Meditation (2-2:30) Multipurpose room	Drumming Gym (2-3)	Meditation or Pet Therapy (weekly rotation) Gym (2-2:30)	Recreation Therapy Gym (2-3)	Meditation (MPR) multipurpose room (2-2:30)
12:00 PM		Yoga Multipurpose room (3-4)	Horticulture Therapy Greenhouse (2:30-4)		Horticulture Greenhouse (3-4)
12:30 PM	CBT Gym (2:30-4)	Lunch (1-1:45)	Lunch (1-1:45)	Lunch (1-1:45)	Lunch (1-1:45)
1:00 PM					
1:45 PM	Depart	Depart	Depart	Depart	Depart
2:00 PM	CBT Gym (2:30-4)	Yoga Multipurpose room (3-4)	Horticulture Therapy Greenhouse (2:30-4)	Horticulture Greenhouse (3-4)	SA Multipurpose room or Enrichment Gym (2:30-4)
2:30 PM					
3:00 PM	CBT Gym (2:30-4)	Yoga Multipurpose room (3-4)	Horticulture Therapy Greenhouse (2:30-4)	Horticulture Greenhouse (3-4)	SA Multipurpose room or Enrichment Gym (2:30-4)
3:30 PM					
4:00 PM	Depart	Depart	Depart	Depart	Depart

**Subject to change.*