



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

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

**Subject to change.*