


# Intensive Transitional Treatment Program Schedule

## SAMPLE ONLY

 Kingston General Hospital	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 10:00	Reflection Group	Change & Loss (Biweekly)	Behaviour	Managing Emotions	Thoughts & Feelings
		Community Supports (Biweekly)			
10:00 – 10:15	Break				
10:15 – 11:15	Self-Expression/Coping Skills	Making Changes & Goal Setting	Action Over Inertia	Peer Support	Communication & Relationships
11:15 – 11:30	Break				
11:30 – 12:15	Relaxation	Health & Wellness	Health & Wellness	Health & Wellness	Health & Wellness (Biweekly)
					Planning (Biweekly)

## GROUPS MAY CHANGE

The Morning Program is 4 weeks long. The program is focused on supporting people in their recovery. This program will assist participants in developing their coping skills as well as other skills to live a healthy life. The groups are facilitated by a variety of team members including our Nurses, Occupational Therapist, Social Worker, Behavioural Science Technologist, and Psychologist.