



Intensive Transitional Treatment Program Schedule

CORE PROGRAM (4 Week Continuous Intake):

	Monday	Tuesday	Wednesday	Thursday	Friday
0900 – 1015	Action Over Inertia		Cognitive Behavior Therapy (Behaviour)		Mindfulness Based Cognitive Therapy
1015 - 1030	BREAK				
1030 – 1130	Cognitive Behavior Therapy (Thoughts & Feelings)		Communication		Cognitive Behavior Therapy (Review)
1130 – 1145	BREAK				
1145 – 1230	Relaxation		Wellness		Medication
	Self-Expression				Anger Management

GROUPS MAY CHANGE

The Core 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.