



Intensive Transitional Treatment Program Schedule

CORE PROGRAM (6 Weeks):

	Monday	Tuesday	Wednesday	Thursday	Friday
0930 – 1030	Action Over Inertia		Cognitive Behaviour Therapy (Behaviour)		Mindfulness Based Cognitive Therapy
1030 - 1045	BREAK				
1045 – 1145	Cognitive Behaviour Therapy (Thoughts & Feelings)		Communication		Cognitive Behaviour Therapy (Review)
1145 – 1200	BREAK				
1200 – 1245	Relaxation		Wellness		Medication
	Self-Expression				Anger Management

GROUPS MAY CHANGE

The Core Program is 6 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.