



Virtual PHP Sample Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9 to 10			Therapeutic Breakfast Group	Therapeutic Breakfast Group	Therapeutic Breakfast Group
10 to 12			Skills Building/ CBT	Skills Building/ CBT	Meal Planning
					Weekend Planning
12 to 1	Therapeutic Lunch Group	Therapeutic Lunch Group	Therapeutic Lunch Group		
1 to 3	Weekend Review/Skills Group	Experiential Psychotherapy/Skills Group	Process Group		
4 to 7	CBT/DBT Skills and Process Group Supported Dinner @ 6pm	Nutrition Group/ Cooking Skills Supported Dinner @ 6pm		CBT/DBT Skills & Process Group Supported Dinner @ 6pm	