

Semester 2 Calendar

Groups Start 13th July 2020



Day Sessions

Monday	Tuesday	Wednesday	Thursday	Friday
Acceptance Commitment Therapy – ACT Foundations 9:20am – 3pm	Dialectical Behaviour Therapy - DBT 9:20am – 3pm	Addictive Behaviours Day Program 9:20am – 3pm	Dialectical Behaviour Therapy - DBT 9:20am – 3pm	ACT in Practice 9:20am – 3pm
Acceptance Commitment Therapy – ACT Creatively 9:20am – 3pm	Supporting Trauma and Recovery - STAR 9:20am – 3pm	Addictive Behaviours Day Program 9:20am – 1pm	Emotion Management Day Program 9:20am – 3pm	Addictive Behaviours Day Program 9:20am – 3pm
Addictive Behaviours Day Program 9:20am – 3pm	Eating Disorders Day Program 9:20am – 3pm	PTSD000 for Emergency Services Workers 9:20am – 3pm	PTSD000 for Emergency Services Workers 9:20am – 3pm	Eating Disorders Day Program 9:20am – 3pm
Eating Disorders Day Program 9:20am – 3pm		Eating Disorders Day Program 9:20am – 3pm		
Anxiety & Depression Management 9:20am – 1pm		Mindful Self Compassion 10:30am – 2pm		

Evening Sessions

Tuesday	Wednesday	Thursday
Dialectical Behaviour Therapy - DBT 5:30pm – 8:45 pm	ACT Foundations 5:30pm – 8:45 pm	Dialectical Behaviour Therapy – DBT 5:30pm – 8:45 pm
Emotion Management Day Program 5:30pm – 8:45 pm	OCD Day Program 5:30pm – 8:45 pm	Emotion Management Day Program 5:30pm – 8:45 pm
	ADHD Day Program 5:30pm – 8:45 pm	ACT in Practice 5:30pm – 8:45 pm
	Deepening Mindfulness Day Program 5:30pm – 8:45 pm	