

2024 Day Programs

	Duration	Start	Finish
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Monday			
Emotional Management	7 week cycle	9:20am	3:00pm
Supporting Trauma + Recovery	7 week cycle	9:20am	3:00pm
Anxiety + Depression Management	10 week cycle	9:20am	3:00pm
Addictive Behaviours	Continuous	9:20am	3:00pm
Eating Disorders	10 week cycle	9:20am	3:00pm
DBT Creatively	10 week cycle	9:20am	3:00pm

Tuesday			
Dialectical Behaviour Therapy	7 - 9 week cycle	9:20am	3:00pm
ACT Creatively	Continuous	9:20am	3:00pm

Tuesday Evening			
Dialectical Behaviour Therapy	7 - 9 week cycle	5:30pm	8:45 pm
Emotional Management	7 week cycle	5:30pm	8:45 pm
DBT for Young People + Families	7 week cycle	5:30pm	8:45 pm
ACT in Practice	Continuous	5:30pm	8:45 pm
Addictive Behaviours	Continuous	5:30pm	8:45 pm

Wednesday			
Emotional Management	7 week cycle	9:20 am	3:00 pm
ADHD	10 week cycle	9:20 am	3:00 pm
PTSD 000	10 week cycle	9:30 am	2:00 pm
Additive Behaviours	Continuous	9:20 am	3:00 pm

	Duration	Start	Finish
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Wednesday Evening			
ACT Foundations	10 week cycle	5:30pm	8:45 pm
ACT Grads <i>*alternates with Deepening Mindfulness</i>	Continuous	5:30pm	8:45 pm
Deepening Mindfulness <i>*alternates with ACT Grads</i>	Continuous	5:30pm	8:45 pm
ADHD	10 week cycle	5:30pm	8:45 pm
OCD	10 week cycle	5:30pm	8:45 pm
Mindful Self-Compassion	10 week cycle	5:30pm	8:45 pm

Thursday			
Dialectical Behaviour Therapy	7 - 9 week cycle	9:20 am	3:00 pm
Emotional Management	7 week cycle	9:20 am	3:00 pm
PTSD 000	10 week cycle	9:30 am	2:00 pm

Thursday Evening			
Dialectical Behaviour Therapy	7 - 9 week cycle	5:30 pm	8:45 pm
DBT Grads	7 week cycle	5:30 pm	8:45 pm
Supporting Trauma + Recovery	7 week cycle	5:30 pm	8:45 pm
ADHD	10 week cycle	5:30 pm	8:45 pm

Friday			
ACT in Practice	Continuous	9:20am	3:00pm
ACT Foundations	10 week cycle	9:20am	3:00pm
Addictive Behaviours	Continuous	9:20am	3:00pm

* Please check with the day program admin team regarding starting dates.