

# 2025 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
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			
<b>ACT Foundations</b>	10 week cycle	5:30pm	8:45 pm
<b>ACT Grads</b> <i>*alternates with Deepening Mindfulness</i>	Continuous	5:30pm	8:45 pm
<b>Deepening Mindfulness</b> <i>*alternates with ACT Grads</i>	Continuous	5:30pm	8:45 pm
<b>ADHD</b>	10 week cycle	5:30pm	8:45 pm
<b>OCD</b>	10 week cycle	5:30pm	8:45 pm
<b>Mindful Self-Compassion</b>	10 week cycle	5:30pm	8:45 pm

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

Thursday Evening			
<b>Dialectical Behaviour Therapy</b>	7 - 9 week cycle	5:30 pm	8:45 pm
<b>Supporting Trauma + Recovery</b>	7 week cycle	5:30 pm	8:45 pm
<b>ADHD</b>	10 week cycle	5:30 pm	8:45 pm

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

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