

# 2025 Day Programs

	Duration	Start	Finish
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<b>Monday</b>			
<b>Emotional Management</b>	7 week cycle	9:20am	3:00pm
<b>Recovery, Identity, Self-Acceptance and Empowerment</b>	7 week cycle	9:20am	3:00pm
<b>Anxiety + Depression Management</b>	10 week cycle	9:20am	3:00pm
<b>Addictive Behaviours</b>	Continuous	9:20am	3:00pm

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

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

<b>Wednesday</b>			
<b>Emotional Management</b>	7 week cycle	9:20 am	3:00 pm
<b>ADHD</b>	10 week cycle	9:20 am	3:00 pm
<b>Addictive Behaviours</b>	Continuous	9:20 am	3:00 pm
<b>DBT Creatively</b>	Continuous	9:20 am	3:00 pm

	Duration	Start	Finish
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<b>Wednesday Evening</b>			
<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>Thursday</b>			
<b>Dialectical Behaviour Therapy</b>	7 - 9 week cycle	9:20 am	3:00 pm

<b>Thursday Evening</b>			
<b>Dialectical Behaviour Therapy</b>	7 - 9 week cycle	5:30 pm	8:45 pm
<b>Recovery, Identity, Self-Acceptance and Empowerment</b>	7 week cycle	5:30 pm	8:45 pm
<b>ADHD</b>	10 week cycle	5:30 pm	8:45 pm
<b>Compassion Focused Recovery.</b>	Continuous	5:30 pm	8:45 pm

<b>Friday</b>			
<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.