

2026 Day Programs

	Duration	Start	Finish
Monday			
Emotional Management	7 week program	9:20am	3:00pm
RISE	24 week program	9:20am	3:00pm
Addictive Behaviours	Continuous	9:20am	3:00pm
Anxiety & Depression Management	Continuous	9:20am	3:00pm
Tuesday			
Dialectical Behaviour Therapy (DBT)	24 week program	9:20am	3:00pm
ACT Creatively	Continuous	9:20am	3:00pm
Tuesday Evening			
Dialectical Behaviour Therapy (DBT)	24 week program	5:30pm	8:45 pm
Emotional Management	7 week program	5:30pm	8:45 pm
DBT Young Adults	21 week program	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 program	9:20 am	3:00 pm
ADHD	10 week program	9:20 am	3:00 pm
Additive Behaviours	Continuous	9:20 am	3:00 pm
PTSD 000	10 week program	9:30 am	2:30 pm
DBT Creatively	Continuous	9:20 am	3:00 pm

	Duration	Start	Finish
Wednesday Evening			
ACT Foundations	10 week program	5:30pm	8:45 pm
ACT Grads *alternates with Deepening Mindfulness	Continuous	5:30pm	8:45 pm
Deepening Mindfulness *alternates with ACT Grads	Continuous	5:30pm	8:45 pm
ADHD	10 week program	5:30pm	8:45 pm
OCD	10 week program	5:30pm	8:45 pm
MSC	10 week program	5:30pm	8:45 pm
Thursday			
dialectical Behaviour Therapy (DBT)	24 week program	9:20 am	3:00 pm
PTSD 000	10 week program	9:30 am	2:30 pm
RISE	24 week program	9:20 am	3:00 pm
dialectical Behaviour Therapy (DBT)	24 week program	9:20 pm	3:00 pm
Thursday Evening			
RISE	24 week program	5:30 pm	8:45 pm
ADHD	10 week program	5:30 pm	8:45 pm
CFR	Continuous	5:30 pm	8:45 pm
dialectical Behaviour Therapy (DBT)	24 week program	5:30 pm	8:45 pm
Friday			
ACT in Practice	Continuous	9:20am	3:00pm
ACT Foundations	10 week program	9:20am	3:00pm
Addictive Behaviours	Continuous	9:20am	3:00pm

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