

### Bridgehaven's Schedule of Therapeutic Groups and Activities

Name: \_\_\_\_\_

Therapist: \_\_\_\_\_

Date: \_\_\_\_\_

7/20/2018	Location	Monday Morning	Tuesday Morning	Wednesday Morning	Thursday Morning	Friday Morning
<b>9:00 to 10:15</b>	<b>Clinic</b>	Ruby	Ruby		Ruby	Ruby
<b>9:00 to 10:15</b>	BTR Multipurpose 9	Empowerment Daisy	Improved Attention Daisy	Acceptance Daisy	Sense of Purpose Daisy	Gardening Ruby
	BTR Readiness CTR 11	Art therapy Henry	Art Studio Henry	Art therapy Henry	Art therapy Henry	Crafts Angela
	BTR Kitchen 15		Healthy Cooking and Eating Susan			Diabetes Management Daisy
	OH Room 31					
	BTR Art Studio 20	Surviving to Thriving Susan & Gloria	Believe In Change (CBT) Melissa	Overcoming Depression Theresa		
	OH Art Studio 22		Money Management Trudy	Coping with Hearing Voices Brandon & Ruby		
	Group Room B 23					
	Peer Group Room 201	<b>Motivation</b> Robin			<b>Mindfulness</b> Sam & Bruce	
	Expansion Room 216			Morning Brain Challenge Susan		Social Communication Using Games Robin
<b>9:30 to 11:30</b>	<b>Van</b>					
<b>10:15 to 10:45</b>	House Meeting	Bruce / Phillip	Bruce / Phillip	Bruce / Phillip	Bruce / Phillip	Bruce / Phillip
<b>10:15 to 12:00</b>	<b>Clinic</b>	<b>Ruby</b>	<b>Ruby</b>	<b>Ruby</b>	<b>Ruby</b>	
<b>10:45 to 12:00</b>	BTR Multipurpose 9		Cognitive Stimulation Daisy	Empowerment Daisy	Meaningful Interaction Daisy	
	BTR Readiness CTR 11	<b>Self Determination</b> Sam	<b>Coping with Anxiety</b> Trudy	<b>Creative Journaling</b> Robin		<b>Art Studio</b> Henry
	OH Room 31					<b>Summer Smoothies</b> Brandon
	BTR Art Studio 20	Live Longer Stay Stronger Angela	DBT Bruce & Tessa	Relationship Building Debby	Achieving Wellness Debby	
	OH Art Studio 22	<b>Self Care</b> Robin		<b>Real &amp; Fake News</b> Susan	<b>DBT Continuation</b> Bruce	<b>Medication Education Education</b> Lori
	Group Room B 23					
	Peer Group Room 201	<b>Men's</b> Michael	<b>Meditation</b> Robin	<b>LGBT</b> Sam	<b>Dual Diagnosis</b> Michael & Angela	<b>Emotional Regulation</b> Sam & Bruce
	Expansion Room 216	<b>Women's</b> Debby	<b>Building Self Esteem</b> Angela		<b>Drama Exploration</b> Susan & Sam	<b>Grief and Loss</b> Linda & Theresa
	CET Computer 19		<b>CET</b> Alexis & Charlene	<b>CET Continuation</b> Ben & Alexis	<b>CET (13)</b> Tessa, Ben, and Gloria	

**Bridgehaven's Schedule of Therapeutic Groups and Activities**

Name: \_\_\_\_\_

Therapist: \_\_\_\_\_

Date: \_\_\_\_\_

7/20/2018	Location	Monday Afternoon	Tuesday Afternoon	Wednesday Afternoon	Thursday Afternoon	Friday Afternoon
12:00 to 12:30	Lunch	Jennifer J Phillip	Jennifer J Phillip	Jennifer J Phillip	Jennifer J Phillip	Jennifer J Phillip
12:30 to 1:00	Group Room B					
1:00 to 2:30	Clinic	Ruby	Ruby		Ruby	
1:00 to 2:15	BTR Multipurpose 9		Meaningful Interaction Daisy		Cognitive Stimulation Daisy	
	BTR Readiness CTR 11	Art Studio Alexis		Boundaries Sam	Drawing and Painting Alexis	
	BTR Kitchen 15					
	OH Room 31				Karaoke Jennifer J	
	BTR Art Studio 20	Sewing Sam	CET Alexis & Charlene	ACT Debby & Melissa	CET (13) Tessa, Ben, and Gloria	
	OH Art Studio 22	Mindful Eating Debby	Ceramics Tessa	Coping with Chronic Physical Illness Ruby	Increasing Attention and Focus Trudy	
	Group Room B 23					
	Peer Group Room 201	Positive Thinking Michael	Recovery Awareness Michael	Spirituality Michael		WRAP Andrea & Ben
	Expansion Room 216	Sing A Long John Gage			Anxiety Mangement Debby	Food for Thought Brandon & Amanda
12:30 to 2:30	Van / TARC		Melissa & Brandon	Community Anglea	W/ Brandon, Robin &	Community Barriers w/

	Peer led group
	OP group
	TR group
	Integrative Care