

Bridgehaven's Schedule of Therapeutic Groups and Activities

Name: _____

Therapist: _____

Date: _____

2/6/2019	Location	Monday Morning	Tuesday Morning	Wednesday Morning	Thursday Morning	Friday Morning
9:00 to 10:15	Clinic	Ruby	Ruby		Ruby	Ruby
9:00 to 10:15	BTR Multipurpose 9	Empowerment Daisy	Improved Attention Daisy	Acceptance Daisy	Sense of Purpose Daisy	Gardening Ruby and Lindsey
	BTR Readiness 11	APOH Art Therapist	Art Studio Henry	Art therapy Henry	Art therapy Henry	APOH Art Therapist
	BTR Kitchen 15		Healthy Cooking and Eating Susan			Diabetes Management Daisy
	OH Room 31					
	BTR Art Studio 20	Surviving to Thriving Susan, Gloria Hannah	Believe In Change (CBT) Joe	Overcoming Depression Theresa	Organize and Thrive Lindsey	
	OH Art Studio 22		Money Management Trudy	Communication Experiences Lindsey		
	Group Room B 23		Prescribing Jenna		See Tonia Jenna	
	Peer Group Room 201	Positive Thinking Carrie	Meditation Robin	Coping with Hearing Voices Brandon & Ruby	Mindfulness Sam & Bruce	Healthy Living Brandon & Amanda
	Expansion Room 216			Morning Brain Challenge Susan		Social Communication Using Games Robin & Carrie
9:30 to 11:30	Van					
10:15 to 10:45	House Meeting	Bruce / Phillip	Bruce / Phillip	Bruce / Phillip	Bruce / Phillip	Bruce / Phillip
10:15 to 12:00	Clinic	Ruby	Ruby	Ruby	Ruby	
10:45 to 12:00	BTR Multipurpose 9		Cognitive Stimulation Daisy	Empowerment Daisy	Meaningful Interaction Daisy	
	BTR Readiness 11	APOH Art Therapist	Coping with Anxiety Trudy	Creative Journaling Robin		APOH Art Therapist
	OH Room 31					
	BTR Art Studio 20	Live Longer Stay Stronger Angela	DBT Bruce & Tessa	Relationship Building Debby	Achieving Wellness Debby, Edie and Alex	Grief and Loss Theresa
	OH Art Studio 22	Self Care Robin	Coping with Insomnia Lindsey	Real & Fake News Susan	DBT Continuation Bruce	Technology Anthony
	Group Room B 23	Self Determination Sam	Prescribing Jenna		See Tonia Jenna	New Beginnings Ben
	Peer Group Room 201	Men's Brandon	Achieving Wellness Carrie	LGBT Sam	Dual Diagnosis Will & Angela	Emotional Regulation Sam & Bruce
	Expansion Room 216	Women's Debby & Shelby	Building Self Esteem Angela		Drama Exploration Susan & Sam	Grief and Loss Linda
	CET Computer			CET Continuation		

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2/6/2019		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 11	APOH Art Therapist		Boundaries Sam	Drawing and Painting Alexis	APOH Art Therapist
	BTR Kitchen 15					
	OH Room 31				and Focus Trudy	
	BTR Art Studio 20	Sewing Sam	Medication Education Lori	ACT Debby & Melissa		Music Appreciation Robin
	OH Art Studio 22	Mindful Eating Debby	Ceramics Tessa	Coping with Chronic Physical Illness Ruby		
	Group Room B 23		Prescribing Jenna		See Tonia Jenna	
	Peer Group Room 201	ACT Cont Melissa	Recovery Awareness Carrie & Damaris		Social Communication Carrie	WRAP Andrea & Susan
	Expansion Room 216	Problem Solving Carrie		Coping with Anxiety Angela R	Anxiety Management Debby	Food for Thought Brandon & Amanda
12:30 to 2:30	Van / TARC		Movement for Life W/ Melissa, Susan & Brandon		Movement for Life W/ Brandon, Robin & Susan	Overcoming Community Barriers w/ Bruce

	Peer led group
	OP group
	TR group
	Integrative Care