

Bridgehaven's Schedule of Therapeutic Groups and Activities

Name: _____

Therapist: _____

Date: _____

4/18/2019	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	
	BTR Readiness 11	Art Studio Henry	Art Studio Henry	Art therapy Henry	Art therapy Henry	Arts and Crafts Angela R.
	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		Gardening Ruby and Lindsey
	Group Room B 23				See Tonia Jan B.	
	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	Self Determination Sam	Coping with Anxiety Trudy	Creative Journaling Robin		Art Studio 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				Prescribing Jan B.	New Beginnings Ben
	Peer Group Room 201	Men's Brandon	Movement for life Carrie	LGBT Sam	Dual Diagnosis Will & Angela	Emotional Regulation Sam & Bruce
	Expansion Room 216	Women's Debby	Building Self Esteem Angela	CET Continuation Ben & Alexis	Drama Exploration Susan & Sam	Grief and Loss Linda
	CET Computer 19		CET Alexis & Charlene			

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4/18/2019	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 11	Art Studio Alexis		Boundaries Sam	Drawing and Painting Alexis	Art Studio Edie & Joe
	BTR Kitchen 15					
	OH Room 31				and Focus Trudy	
	BTR Art Studio 20	Sewing Sam	CET 15 Alexis & Charlene	ACT Debby & Melissa		Music Appreciation Robin
	OH Art Studio 22	Mindful Eating Debby	Ceramics Tessa	Coping with Chronic Physical Illness Ruby & Angela		
	Group Room B 23				Prescribing Jan B.	
	Peer Group Room 201	ACT Cont. Melissa	Recovery Awareness Carrie	Achieving Wellness Carrie	Social Communication Carrie	WRAP Andrea & Susan
	Expansion Room 216	Problem Solving Carrie	Medication Education Lori		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