

Bridgehaven's Schedule of Therapeutic Groups and Activities

Name: _____

Therapist: _____

Date: _____

2/6/2020	Location	Monday Morning	Tuesday Morning	Wednesday Morning	Thursday Morning	Friday Morning
9:00 to 10:15	Clinic					
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	Believe In Change (CBT) Joe	Overcoming Depression Theresa	Organize and Thrive Lindsey	
	OH Art Studio 22	Self Care Robin	Money Management Trudy	Communication Experiences Lindsey	Boundaries Susan	Gardening Lindsey
	Group Room B 23				See Tonia Jan B.	
	Peer Group Room 201		Mindfulness Robin & Bruce	Coping with Hearing Voices Brandon	Positive Thinking Carrie	
	Expansion Room 216		New Beginnings Ben	Storytelling Susan		Social Communication Using Games Robin & Carrie
9:30 - 11:30	Van					
10:15 to 10:45	House Meeting	Bruce / Phillip	Bruce / Phillip	Bruce / Phillip	Bruce / Phillip	Bruce / Phillip
10:15 to 12	Clinic					
10:45 to 12:00	BTR Multipurpose 9		Cognitive Stimulation Daisy	Empowerment Daisy	Meaningful Interaction Daisy	
	BTR Readiness 11	Self Determination Anthony	Coping with Anxiety Trudy	Creative Journaling Robin		Art Studio Henry
	OH Room 31					
	BTR Art Studio 20	Live Longer Stay Stronger Angela	DBT Bruce & Edie	Relationship Building Debby	Achieving Wellness Debby	Medication Education Lori
	OH Art Studio 22		Technology Anthony	Real & Fake News Susan	DBT Continuation Bruce	Healthy Living Brandon & Amanda
	Group Room B 23		Coping with Insomnia Lindsey	LGBT Carrie	Prescribing Jan B.	
	Peer Group Room 201	Men's Brandon	Movement For Life Carrie		Body Awareness Robin	Emotional Regulation Bruce
	Expansion Room 216	Women's Debby	Building Self Esteem Angela	CET Continuation Ben & Alexis	Dual Diagnosis Will & Angela	Grief and Loss Theresa
	CET Computer 19		CET Alexis & Charlene		CET Edie, Misty & Gloria	

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Name: _____

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2/6/2020	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					
1:00 to 2:15	BTR Multipurpose 9		Meaningful Interaction Daisy		Cognitive Stimulation Daisy	
	BTR Readiness 11	Art Studio Alexis		Bipolar Robin	Drawing and Painting Alexis	Art Studio Edie & Joe
	BTR Kitchen 15					
	OH Room 31	Gaming w/a Purpose Brandon			Increasing Attention and Focus Trudy	
	BTR Art Studio 20	Managing Thinking Trudy	CET 14 Alexis & Charlene	ACT Debby & Melissa	CET 15 Edie, Misty & Gloria	Music Appreciation Robin
	OH Art Studio 22	Problem Solving Carrie	Ceramics Edie	Coping with Chronic Physical Illness Angela	Variety in Society Susan	
	Group Room B 23			Book Club Carrie	Prescribing Jan B.	
	Peer Group Room 201	ACT Cont. Melissa		Smoking Cessation Cherish		WRAP Andrea & Susan T
	Expansion Room 216	Drama Exploration Susan			Anxiety Management Debby	Food for Thought Brandon & Amanda
12:30 to 2:30	Van / TARC		Movement for Life W/ Melissa & Brandon		Movement for Life W/ Brandon, Robin	Overcoming Community Barriers w/ Bruce

	Peer led group
	OP group
	TR group
	Integrative Care