

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

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

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

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

4/1/2022	Location	Monday Morning	Tuesday Morning	Wednesday Morning	Thursday Morning	Friday Morning
<b>9:00 to 10:15</b>	<b>Clinic</b>					
<b>9:00 to 10:15</b>	BTR Multipurpose 9	Empowerment Daisy			Gardening Lindsey	
	BTR Readiness 11				Surviving to Thriving Theresa & Susan P	Eating Recovery through Discovery Charelene
	OH Room 31	Movement for Life Debbie H	Achieving Wellness Angela R.	Achieving wellness Debbie H		Movement for Life Debbie H / Lindsey
	Old Kitchen 1st street RM 30			Mind Body Spirit Charlene	BH Staff Training Bethany & Hanna	
	2nd St Art Studio 2nd ST 109	CBT Adam	Developing Empowerment Bethany	Art as a part of Healing clay Students	Art as a part of Healing Henry & Students	Art as a part of Healing Henry & Students
	2nd St Conference 2nd ST 102					
	TBD 2nd ST 103					
	TBD 2nd ST 104	Positive Thinking Carrie	Book Club Carrie	LGBT Carrie	Med Ed Lori	Boundaries Eleanor
	TBD 2nd ST 106					
	2nd ST Multipurpose 2nd ST 108					Social Communication Using Games Daisy
<b>10:15 to 10:45</b>	House Meeting	Bruce / Phillip	Bruce / Phillip	Bruce / Phillip	Bruce / Phillip	Bruce / Phillip
<b>10:15 to 12</b>	<b>Clinic</b>					
<b>10:45 to 12:00</b>	BTR Multipurpose 9		Improved Attention Daisy		Sense of Purpose Daisy	
	BTR Readiness 11	Women's Group Debby R	Chronic Illness Charlene	Overcoming Depression Debby R	Grief and Loss Debby R	
	OH Room 31					
	Old Kitchen 1st street RM 30	I Can Change Yolonda	Coping w/ Hearing Voices Brandon & Misty	Choices Group Bruce	CET Bethany & Hanna	
	2nd St Art Studio 2nd ST 109		Expressive Therapies Hanna	Art as a part of Healing Henry & Students	Art as a part of Healing Henry & Students	Expressive Communications Joe
	2nd St Conference 2nd ST 102				Dual Diagnosis Angela & Ben	Food for Thought Brandon & Amanda
	TBD 2nd ST 103	Men's Ben	Independent Living Eleanor	Emotional Support Eleanor		Social Change Eleanor
	TBD 2nd ST 104	Real & Fake News Susan P	Problem Solving Carrie	WRAP Susan P & Ben	Self Determination Carrie	Anxiety Management Carrie
	TBD 2nd ST 106					
	2nd ST Multipurpose 2nd ST 108				Movement for Life Carrie	

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

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

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

4/1/2022	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		Improved Attention Daisy			
	BTR Readiness 11		Self Determination Ben	Coping Misty	Anxiety Management Debby R	Emotional Regulation Bruce
	OH Room 31					Problem Solving Debbie H
	Old Kitchen 1st street RM 30	Relationship Building Joe		ACT Cont. Adam	CET Bethany & Hanna	
	2nd St Art Studio 2nd ST 109	Creative Journaling Eleanor	Values Yolonda	Art as a part of Healing Joe & Students	Art as a part of Healing Students	
	2nd St Conference 2nd ST 102	DBT Bruce				
	TBD 2nd ST 103	Self Care Anthony				
	TBD 2nd ST 104	Self Esteem Angela R.		Mindfulness Eleanor	Technology Anthony	
	TBD 2nd ST 106		Insomnia Lindsey	Organize It: Time, Money & Tasks! Lindsey		
	2nd ST Multipurpose 2nd ST 108	Improved Attention Daisy			Diabetes Management Daisy & Charlene	Acceptance Daisy
2:15-3:45	2nd St. Kitchen					Healthy Living
12:30 to 2:30	Van / TARC		Movement for Life Brandon		Movement for Life Brandon	

	Peer led group
	OP group
	TR group
	Integrative Care