

	MONDAY	TUESDAY	WEDNESDAY
09:30 am start	ACCEPTANCE COMMITMENT THERAPY ADDICTION - Relapse Prevention ADDICTION - Road to Recovery BIPOLAR GROUP CREATIVE ARTS THERAPY - Introduction DBT GROUP (closed) LIFE STRATEGIES MANAGING INTRUSIVE THOUGHTS SELF-CARE SELF-SOOTHE - Yoga STRENGTH TRAINING for Mental Health (BB)	ACT for DEPRESSION & ANXIETY ADDICTION - Harm Minimisation ADDICTION - Relapse Prevention CBT for DEPRESSION & ANXIETY CBT FOUNDATIONS GOOD CONNECTIONS INTRODUCTION TO ACT MINDFULNESS & COMPASSION OPEN STUDIO STRESS SOLUTIONS YOGA for Mental Health	ACCEPTANCE COMMITMENT THERAPY ADDICTION - Dual Diagnosis ADDICTION - Relapse Prevention CBT - Inner Critic EXPLORING CREATIVE ARTS GOOD CONNECTIONS - Support MENTAL AEROBICS MINDFULNESS-BASED STRESS REDUCTION (MBSR) MINDFULNESS IN DAILY LIFE NOURISHING THE MIND & BODY GENERAL SUPPORT (PW) COGNITIVE REMINISCENCE THERAPY - CRT STRENGTH TRAINING for Mental Health
Short Break - Morning Tea			
11:00 am	ACCEPTANCE COMMITMENT THERAPY ADDICTION - Relapse Prevention ADDICTION - Road to Recovery BIPOLAR GROUP BOUNCE BACK CREATIVE ARTS THERAPY - Introduction DBT GROUP (closed) LIFE STRATEGIES MANAGING INTRUSIVE THOUGHTS SELF-CARE SELF-SOOTHE	ACT for DEPRESSION & ANXIETY ADDICTION - Harm Minimisation ADDICTION - Relapse Prevention CBT for DEPRESSION & ANXIETY CBT FOUNDATIONS - PST GOOD CONNECTIONS - PST INTRODUCTION TO ACT MINDFULNESS & COMPASSION OPEN STUDIO STRESS SOLUTIONS	ACCEPTANCE COMMITMENT THERAPY ADDICTION - DUAL DIAGNOSIS ADDICTION - Relapse Prevention BOUNCE BACK CBT - Inner Critic EXPLORING CREATIVE ARTS GOOD CONNECTIONS - PST HEALTHY LIVING SKILLS - PST MINDFULNESS-BASED STRESS REDUCTION (MBSR) MINDFULNESS IN DAILY LIFE NOURISHING THE MIND & BODY PATHWAYS COGNITIVE REMINISCENCE THERAPY - CRT
12:30 or 1:00pm	Lunch		
1:00 or 1:30pm	ACCEPTANCE COMMITMENT THERAPY ADDICTION - Relapse Prevention ADDICTION - Road to Recovery BIPOLAR GROUP BOUNCE BACK CREATIVE ARTS THERAPY - Introduction DBT GROUP (closed) LIFE STRATEGIES MANAGING INTRUSIVE THOUGHTS SELF-CARE SELF-SOOTHE	ACT for DEPRESSION & ANXIETY ADDICTION - Harm Minimisation ADDICTION - Relapse Prevention CBT for DEPRESSION & ANXIETY CBT FOUNDATIONS GOOD CONNECTIONS INTRODUCTION TO ACT MINDFULNESS & COMPASSION OPEN STUDIO STRESS SOLUTIONS	ACCEPTANCE COMMITMENT THERAPY ADDICTION - Practice Skills GOOD CONNECTIONS MINDFULNESS-BASED STRESS REDUCTION (MBSR) MUSIC & MINDFUL CREATIVITY NOURISHING THE MIND & BODY PATHWAYS - Creativity RELAXATION SKILLS COGNITIVE REMINISCENCE THERAPY - CRT <u>1:00 - 4:30pm</u> FOUNDATIONS IN SELF-ESTEEM <u>1:15 - 4:30pm</u> MINDFULNESS APPROACH TO ART THERAPY
5:30 - 9:00 pm	DDP CLOSED	ACT FOR DEPRESSION & ANXIETY ADOLESCENT PROGRAM - <i>Start 14/7 til 15/9</i> INTRODUCTION to ACT - <i>Start 14/7</i> YOUNG ADULTS PROGRAM 18-25 year old - <i>Start 14/7</i>	DDP CLOSED

THURSDAY	FRIDAY	SATURDAY
ACT for NEGATIVE THINKING ADDICTION - Relapse Prevention ADDICTION - Repairing Relationships in Recovery CAT - Reflections Through the Arts CBT - INTERMEDIATE GOOD CONNECTIONS MINDFULNESS of the SENSES STRENGTH TRAINING for Mental Health STRESS SOLUTIONS WISE MIND WISE CHOICES YOGA for Mental Health YOUNG ADULTS PROGRAM	ACT for DEPRESSION & ANXIETY ADDICTION - Dual Diagnosis ADDICTION - Relapse Prevention CREATIVE ARTS FOR CHANGE GOOD CONNECTIONS MINDFULNESS BASED CBT RELATING WELL STRESS SOLUTIONS FOR WOMEN YOUNG ADULTS PROGRAM	<u>9:00 -12:30</u> MBCT - Mindfulness-Based Cognitive Therapy (Advanced)
Short Break - Morning Tea		
ACT for NEGATIVE THINKING ADDICTION - Relapse Prevention ADDICTION - Repairing Relationships in Recovery CAT - Reflections Through the Arts CBT - INTERMEDIATE GOOD CONNECTIONS - PST MINDFULNESS of the SENSES PATHWAYS STRESS SOLUTIONS WISE MIND WISE CHOICES YOUNG ADULTS PROGRAM	ACT for DEPRESSION & ANXIETY ADDICTION - Dual Diagnosis ADDICTION - Relapse Prevention CREATIVE ARTS FOR CHANGE GOOD CONNECTIONS - PST MINDFULNESS BASED CBT RELATING WELL STRESS SOLUTIONS FOR WOMEN YOUNG ADULTS PROGRAM	<u>9:00 -12:30</u> MBCT - Mindfulness-Based Cognitive Therapy (Advanced)
Lunch		
ACT for NEGATIVE THINKING ADDICTION - Relapse Prevention ADDICTION - Repairing Relationships in Recovery CAT - Reflections Through the Arts CBT - INTERMEDIATE GOOD CONNECTIONS MINDFULNESS of the SENSES PATHWAYS STRESS SOLUTIONS WISE MIND WISE CHOICES YOUNG ADULTS PROGRAM	ACT for DEPRESSION & ANXIETY ADDICTION - Dual Diagnosis ADDICTION - Relapse Prevention CREATIVE ARTS FOR CHANGE GOOD CONNECTIONS MINDFULNESS BASED CBT RELATING WELL STRESS SOLUTIONS FOR WOMEN YOUNG ADULTS PROGRAM	DDP Closed
ADDICTION CAT - OPEN STUDIO CBT for DEPRESSION & ANXIETY	DDP CLOSED	