

## BayRidge PHP Sample Group Schedule

*All groups are subject to change*

|  | <b>Monday</b>                     | <b>Tuesday</b>                           | <b>Wednesday</b>                  | <b>Thursday</b>                          | <b>Friday</b>                     |
|--|-----------------------------------|--|-----------------------------------|--|-----------------------------------|
| <b>8:30-9:00</b>   | Orientation                       | Orientation                              | Orientation                       | Orientation                              | Orientation                       |
| <b>9:00-10:00</b>  | Check In<br>Mindfulness/DBT       | Check In/Mindfulness/DBT                 | Check In<br>Mindfulness/DBT       | Check In/Mindfulness/DBT                 | Check In<br>Mindfulness/DBT       |
| <b>10:00-10:15</b>   | Break / 1:1                       | Break / 1:1                              | Break / 1:1                       | Break / 1:1                              | Break / 1:1                       |
| <b>10:15-11:00</b>   | Psychoeducation/<br>Expressive Tx | Psychoeducation/<br>Expressive Tx        | Psychoeducation/<br>Expressive Tx | Psychoeducation/<br>Expressive Tx        | Psychoeducation/<br>Expressive Tx |
| <b>11:00-11:15</b>   | Break / 1:1                       | Break / 1:1                              | Break / 1:1                       | Break / 1:1                              | Break / 1:1                       |
| <b>11:15-12:00</b>   | Psychotherapy                     | Psychotherapy                            | Psychotherapy                     | Psychotherapy                            | Psychotherapy                     |
| <b>12:00-12:30</b>   | Lunch                             | Lunch                                    | Lunch                             | Lunch                                    | Lunch                             |
| <b>12:30-1:15</b>  | Psychoeducation                   | Medication Education/<br>Psychoeducation | Psychoeducation                   | Medication Education/<br>Psychoeducation | Psychoeducation                   |
| <b>1:15-1:30</b>   | Wrap Up                           | Wrap Up                                  | Wrap Up                           | Wrap Up                                  | Wrap Up                           |
| <b>We will reserve time at the end of the day for individual check ins and med provider check ins. Our clinicians will be available for you until 2:30pm</b> |                                   |  |                                   |  |                                   |

Effective 9/30/2024 \*This group schedule is subject to change\*