

PHP Schedule

	Monday	RM	Tuesday	RM	Wednesday	RM	Thursday	RM	Friday	RM
10:00	Daily Self Discovery	2	Daily Self Discovery	2	Daily Self Discovery	2	Daily Self Discovery	2	Daily Self Discovery	2
10:30	Leisure Skills	2	Problem Solving Skills	2	Cognitive Enhancement/ Brain Boosters		Assertiveness training	2	Conflict Resolution	
11:00	BREAK	CR	BREAK	CR	BREAK	CR	BREAK	CR	BREAK	CR
11:15	Getting the Best Results from Your Medications	2/CR	Understanding Your Illness	2/CR	Recognizing and Responding to Relapse	2/CR	Solutions for Wellness: Physical Activity	2/CR	Managing Stress and Problems	2/CR
12:15	LUNCH	CR	LUNCH	CR	LUNCH	CR	LUNCH	CR	LUNCH	CR
12:45	Recovery in Process: Putting it all together.	2	Group Process/ GF Planning period	2	Solutions for Wellness: Healthy Eating	2	Understanding Your Treatment	2	Social Skills	2
1:45	BREAK	CR	BREAK	CR	BREAK	CR	BREAK	CR	BREAK	CR
2:00	Relaxation Skills	CL	Creative Expression	2	Self-Esteem	2	Aerobics Training	2	Symptom Management	2
2:30	Check Out	2	Check Out	2	Check Out	2	Check Out	2	Check Out	2