

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 |