

TIME	ACTIVITY
9:00 am - 12:00 pm	Morning group session
12:00 - 12:30 pm	Lunch
12:30 - 1:00 pm	Mindfulness meditation with theracoustics machine
1:00 - 1:30 pm	Individual session with your counselor
1:30 - 2:00 pm	Complete assigned topic in your workbook
2:00 - 3:00	Process group session