

# PHP Schedule **Denver**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00	<b>Mindfulness Meditation</b> 12:00 - 12:30				
01:00	<b>Check in + DBT Diary Card</b> 12:30 - 02:00	<b>Check in + Processing</b> 12:30 - 02:00	<b>Check in + DBT Diary Card</b> 12:30 - 02:00	<b>Check in + Processing</b> 12:30 - 02:00	<b>Check in + Processing</b> 12:30 - 02:00
02:00	<b>Academic &amp; Vocational Services (UA Completion)</b> 01:00 - 03:00		<b>Academic &amp; Vocational Services</b> 01:00 - 02:00		
03:00		<b>Break</b> 02:00 - 02:30	<b>Finish Check in + Experiential Activity + Process</b> 02:00 - 04:00	<b>Break</b> 02:00 - 02:30	<b>Break</b> 02:00 - 02:30
04:00	<b>Finish Check in + Experiential Activity + Process</b> 03:00 - 04:00	<b>DBT</b> 02:30 - 03:30		<b>DBT</b> 02:30 - 03:30	<b>DBT</b> 02:30 - 03:30
05:00	<b>Experiential Activity + Planning</b> 03:30 - 05:00	<b>Safety Planning + Relapse Prevention (DBT Skills)</b> 04:00 - 05:00	<b>Experiential Activity + Planning</b> 03:30 - 05:00	<b>Experiential Activity + Planning</b> 03:30 - 05:00	<b>Experiential Activity + Planning</b> 03:30 - 05:00