

<b>Adult PHP</b>		<b>Adolescent PHP</b>	
<b>Average Day Programming</b>		<b>Average Day Programming</b>	
<b>This is a Five – Six Hour Program</b>			
9-9:45	Arrival/Breakfast/Process Vitals	9-9:45	Arrival/Breakfast/Process Vitals
9:45-10:30	Art Therapy	9:45-10:30	Movement Therapy
10:30-12	Group	10:30-12	Group
11-11:30	Monitored Snack & Break	11-11:30	Monitored Snack & Break
12-1	Internal Family Systems	12-1	Cognitive Distortions
1-1:30	Monitored Lunch	1-1:30	Monitored Lunch
1:30-2	Goal Setting/Powerlessness	1:30-2	Goal Setting/Powerlessness
2-3	Walk	2-3	Yoga