

Partial Hospitalization Program



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7940 North Federal Highway, Boca Raton, FL 33487

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00AM–10:00AM	Goals and Community Building	Goals and Community Building	Mindfulness Through Movement	Goals and Community Building	Goals and Community Building	Goals and Community Building	Goals and Community Building
10:05AM–11:30AM	Self-Esteem Group: Gender-Specific	Mental Health Group: Young Adult/ Mature Adult OR Experiential Group	Trauma Group: Gender-Specific OR Experiential Group	Dialectical Behavior Therapy Group OR Experiential Group	Life Stages Group: Young Adult/ Mature Adult	Experiential Therapy Group (10:00AM–12:00PM)	Psychoeducational Topic Group (10:00AM–1:00PM) AND Equine-Assisted Trauma Therapy (10:00AM–1:00PM)
11:30AM–1:00PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:15PM–3:00PM	Caseload Group	Caseload Group	Women's Process Group OR Men's Process Group	Caseload Group	Women's Process Group OR Men's Process Group		
3:05PM–4:20PM	Dialectical Behavior Therapy Group	Cognitive Behavioral Therapy Group	Relapse Prevention Group	Anger Management Group OR Orientation Group	Spirituality/ Meditation Group		Mindfulness Group (3:00PM–4:00PM) Interpersonal Relationship Skills Group (4:00PM–5:00PM)
4:25PM–5:00PM	Daily Reflections	Daily Reflections	Daily Reflections	Daily Reflections	Daily Reflections	Experiential Therapy Group (5:00PM–7:00PM) Coping Skills Group (7:00PM–8:00PM)	Psychoeducational Topic Group (5:00PM–6:00PM)

**Individual therapy sessions, psychiatrist sessions, family sessions, nursing, and case management are scheduled throughout the week.*