

2024 Day Programs

	Duration	Start	Finish
Monday			
Managing Mood Day Program	Ongoing	9:00am	2:00pm
Tuesday			
Preparing For Change - Alcohol and Other Drugs Day Program	Ongoing	9:00am	2:00pm
Wednesdays			
Preparing For Change - Alcohol and Other Drugs Evening Program	Ongoing	6:00pm	9:00pm
Dialectical Behaviour Therapy (DBT) Lite	3 weeks *	9:00am	2:00pm
Dialectical Behaviour Therapy (DBT) Graduates Group	Monthly *	9:00am	2:00pm
Managing Worry – Anxiety Day Program	6 weeks *	9:00am	2:00pm
Creative Therapy*	Monthly *	9:00am	2:00pm
Thursdays			
Dialectical Behavior Therapy (DBT)	24 weeks *	9:00am	2:00pm
Friday			
Dialectical Behavior Therapy (DBT)	24 weeks *	9:00am	2:00pm
Dialectical Behavior Therapy 16-25 years (DBT)	24 weeks *	9:00am	2:00pm

* Please check with the day program admin team regarding starting dates.