# Mindfulness Program

<table>
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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>7:45 - 8:30</td>
<td>Wake Up/ Breakfast</td>
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<td>8:30 - 9:15</td>
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<td>9:00 - 9:45</td>
<td>Community Meeting/ Goal Planning</td>
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<td>Wake Up/ Continental Breakfast</td>
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<tr>
<td>10:00 - 11:00</td>
<td>Art Workshop</td>
<td>9:30 - 10:00 Nutrition Group</td>
<td>9:45 - 10:30 Creative Spirituality</td>
<td>Health &amp; Medication Education</td>
<td>Gym</td>
<td>9:30 - 12:00 Patient Workshop</td>
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<td>10:00 - 11:30</td>
<td>Gym OR Flower Arranging</td>
<td>10:30 - 11:30 Gym/Horticultural Therapy</td>
<td>10:45 - 11:30 Knitting OR Gym</td>
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<td>11:00 Goals Group</td>
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<td>1:00 - 1:45</td>
<td>Target Symptoms Homework Review</td>
<td>Target Symptoms Homework Review</td>
<td>Taking Hold of Your Mind: What &amp; How Skills</td>
<td>Target Symptoms Homework Review</td>
<td>Target Symptoms Homework Review</td>
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<td>2:00 - 2:45</td>
<td>Skills Training Overview &amp; Orientation to Mindfulness</td>
<td>Wise Mind: States of Mind</td>
<td>Yoga or Meditation</td>
<td>Mindfulness of Current Thoughts</td>
<td>Dialectics: How to Think &amp; Act Dialectically</td>
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<td>3:00 - 3:45</td>
<td>Primary Group</td>
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<td>4:00 - 6:30</td>
<td>4pm Horticulture</td>
<td>Gym</td>
<td>4:30 Open Chapel</td>
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<td>3:30 - 4:30 Yoga</td>
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<td>7:00 - 8:00</td>
<td>DBT Skills Review &amp; Wrap Up</td>
<td>Skills Review</td>
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**Smoking Cessation**  Tuesdays & Thursdays 11:00 - 11:30  
**DBT Family Group**  Wednesdays 5:45 - 7:15 Jurgenson  
Please notify staff if you would like to participate  

**EFFECTIVE 11-11-18**
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<td>12:00 - 12:45 Lunch</td>
<td>12:15 - 1:00 Brunch</td>
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<td>1:00 - 1:45</td>
<td>Chain Analysis</td>
<td>Target Symptoms Homework Review</td>
<td>Guidelines for Relationship Effectiveness: GIVE</td>
<td>Target Symptoms Homework Review</td>
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<td>12:00 - 3:30 Visiting</td>
<td>1:00 - 3:30 Gym</td>
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<td>2:00 - 2:45</td>
<td>Overview, Goals, &amp; Facets Interfering with Interpersonal Effectiveness</td>
<td>Guidelines for Objective Effectiveness: DEAR MAN</td>
<td>Yoga or Meditation</td>
<td>Guidelines for Self-Respect Effectiveness: FAST</td>
<td>How to Intensely Ask for Something or Say No</td>
<td>1:00 - 3:30 Open Art Studio</td>
<td>1:30 - 2:00 Inter-Faith Service for Recovery (Chapel)</td>
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**Smoking Cessation** Tuesdays & Thursdays 11:00 - 11:30

**DBT Family Group** Wednesdays 5:45 - 7:15 Jurgenson

*Please notify staff if you would like to participate*

EFFECTIVE 11-11-18
## Dialectical Behavior Therapy Program

**River House**

### EMOTIONAL REGULATION

#### MONDAY
- 7:45 - 8:30: Wake Up/ Breakfast
- 9:00 - 9:45: Community Meeting/ Goal Planning
- 10:00 - 11:00: Art Workshop
- 10:00 - 11:10: Gym OR Flower Arranging
- 11:45 - 12:30: Lunch
- 12:30: Check-In @ House
- 1:00 - 1:45: Target Symptoms Homework Review
- 2:00 - 2:45: Overview, Function & Model of Emotions
- 3:00 - 3:45: Primary Group
- 3:45: Check-In @ House
- 4:00 - 6:30: 4pm Horticulture Gym
- 5:00 - 5:45: Visiting
- 5:45 - 6:30: Dinner
- 6:45: Check-In @ House
- 7:00 - 8:00: DBT Skills Review & Wrap Up
- 8:30 - 9:30: NA Meeting
- 11:00: In Room
- 11:30: Lights Out

#### TUESDAY
- 7:45 - 8:30: Wake Up/ Breakfast
- 9:00 - 9:45: Community Meeting/ Goal Planning
- 10:00 - 11:00: Gym
- 10:00 - 11:30: Gym/Horticulture Therapy
- 11:00 - 11:30: LGBTQ
- 11:45 - 12:30: Lunch
- 12:30: Check-In @ House
- 1:00 - 1:45: Target Symptoms Homework Review
- 2:00 - 2:45: Check the Facts: Primary & Secondary Emotions
- 3:00 - 3:45: Primary Group
- 3:45: Check-In @ House
- 4:00 - 6:30: Gym
- 4:30: 4:30 Open Chapel
- 5:00 - 5:45: Visiting
- 5:45 - 6:30: Dinner
- 6:45: Check-In @ House
- 7:00 - 8:00: DBT Skills Review & Wrap Up
- 8:30 - 9:30: AA Meeting
- 11:00: In Room
- 11:30: Lights Out

#### WEDNESDAY
- 7:45 - 8:30: Wake Up/ Breakfast
- 9:00 - 9:45: Community Meeting/ Goal Planning
- 10:00 - 11:00: Spirituality
- 10:00 - 11:10: Gym OR Creative Spirituality
- 11:00: LGBTQ
- 11:45 - 12:30: Lunch
- 12:30: Check-In @ House
- 1:00 - 1:45: Target Symptoms Homework Review
- 2:00 - 2:45: Yoga or Meditation
- 3:00 - 3:45: Primary Group
- 3:45: Check-In @ House
- 4:00 - 6:30: Gym
- 4:30: 4:30 Open Chapel
- 5:00 - 5:45: Visiting
- 5:45 - 6:30: Dinner
- 6:45: Check-In @ House
- 7:00 - 8:00: DBT Skills Review & Wrap Up
- 8:30 - 9:30: AA Meeting
- 11:00: In Room
- 11:30: Lights Out

#### THURSDAY
- 7:45 - 8:30: Wake Up/ Breakfast
- 9:00 - 9:45: Community Meeting/ Goal Planning
- 10:00 - 11:00: Health & Medication Education
- 10:00 - 11:30: Gym OR Pet Therapy
- 11:00: LGBTQ
- 11:45 - 12:30: Lunch
- 12:30: Check-In @ House
- 1:00 - 1:45: Target Symptoms Homework Review
- 2:00 - 2:45: ABC PLEASE & Values & Priorities
- 3:00 - 3:45: Primary Group
- 3:45: Check-In @ House
- 4:00 - 6:30: Gym
- 4:30: 4:30 Open Chapel
- 5:00 - 5:45: Visiting
- 5:45 - 6:30: Dinner
- 6:45: Check-In @ House
- 7:00 - 8:00: DBT Skills Review & Wrap Up
- 8:30 - 9:30: AA Meeting
- 11:00: In Room
- 11:30: Lights Out

#### FRIDAY
- 7:45 - 8:30: Wake Up/ Breakfast
- 9:00 - 9:45: Community Meeting/ Goal Planning
- 10:00 - 11:30: Patient Workshop
- 11:45 - 12:30: Lunch
- 12:30: Check-In @ House
- 1:00 - 1:45: Target Symptoms Homework Review
- 2:00 - 2:45: ABC PLEASE & Values & Priorities
- 3:00 - 3:45: Primary Group
- 3:45: Check-In @ House
- 4:00 - 6:30: Gym
- 4:30: 4:30 Open Chapel
- 5:00 - 5:45: Visiting
- 5:45 - 6:30: Dinner
- 6:45: Check-In @ House
- 7:00 - 8:00: DBT Skills Review & Wrap Up
- 8:30 - 9:30: AA Meeting
- 11:00: In Room
- 11:30: Lights Out

#### SATURDAY
- 8:30 - 9:15: Wake Up/ Continental Breakfast
- 9:30 - 12:00: Patient Workshop
- 12:00 - 12:45: Lunch
- 12:15 - 1:00: Brunch
- 12:00 - 3:30: Inter-Faith Service for Recovery (Chapel)
- 12:00 - 3:30: Gym
- 1:00 - 3:00: Open Art Studio
- 3:30 - 4:30: Yoga
- 4:30 - 4:45: Zentangle
- 3:30 - 4:30: Tai Chi

#### SUNDAY
- 8:30 - 9:15: Wake Up/ Breakfast
- 9:30: Here & Now
- 11:00: Goals Group
- 12:00: Check-In @ House
- 12:00 - 12:45: Lunch
- 12:15 - 1:00: Brunch
- 12:00 - 3:30: Inter-Faith Service for Recovery (Chapel)
- 12:00 - 3:30: Gym
- 1:00 - 3:00: Open Art Studio
- 3:30 - 4:30: Yoga
- 4:30 - 4:45: Zentangle
- 3:30 - 4:30: Tai Chi

### Additional Activities
- **Smoking Cessation**: Tuesdays & Thursdays 11:00 - 11:30
  - Please notify staff if you would like to participate
- **DBT Family Group**: Wednesdays 5:45 - 7:15 Jurgenson
  - **EFFECTIVE 11-11-18**
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<th>Monday</th>
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<td>1:30 - 2:00 Inter-Faith Service for Recovery Chapel</td>
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<td>2:00 - 2:45</td>
<td>Overview: Crisis Survival Skills and STOP</td>
<td>TIP Skills: Changing Your Body Chemistry &amp; Distracting</td>
<td>Yoga or Meditation</td>
<td>Radical Acceptance &amp; Turning the Mind</td>
<td>Willingness, Half-Smiling &amp; Wiling Hands, &amp; Mindfulness of Current Thoughts</td>
<td>1:00 - 3:30 Open Art Studio</td>
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