

NAME: MOBILE NO:






	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
09:30 am start	CREATIVE ARTS THERAPY - Introduction DBT GROUP (closed) DEVELOPING SELF-COMPASSION ENHANCING PSYCHOLOGICAL WELL-BEING LIFE STRATEGIES - PST LIVING WELL with MENTAL HEALTH (Aged) MbCBT for DEPRESSION & ANXIETY UNDERSTANDING EMOTIONS (DBTi)	CREATIVE ARTS THERAPY - Guided Creative Arts GOOD CONNECTIONS LIVING WELL with MENTAL HEALTH (Aged) MANAGING ANXIETY & DEPRESSION MBCT FINDING PEACE & THE ARTS MOOD & ANXIETY MANAGEMENT SCHEMA THERAPY ADVANCED SCHEMA THERAPY LEVEL II	EXPERIENCING EMOTIONS EFFECTIVELY INTRODUCTION TO ACT INTRODUCTION TO DBT SKILLS (DBTi) LIVING WELL with MENTAL HEALTH (Aged) MINDFUL PARENTING MINDFUL SELF-COMPASSION PATHWAYS GROUP STRENGTH TRAINING for MENTAL HEALTH YOUNG ADULTS PROGRAM (YAP) (18-25 yrs.)	ACT FOR NEGATIVE THINKING CREATIVE ARTS THERAPY - Reflections Through the Arts GOOD CONNECTIONS MANAGING ADHD PATHWAYS GROUP - PST STRESS SOLUTIONS FOR MEN YOUNG ADULTS PROGRAM (Yap) (18-25 Yrs.)	ACT FOR DEPRESSION & ANXIETY CREATIVE ARTS THERAPY - Creative Arts for Change DBT FOR YOUNG ADULTS (18-25 yrs.) GOOD CONNECTIONS (Aged) LIVING WELL with MENTAL HEALTH (Aged) - PST MANAGING ANXIETY & DEPRESSION STRESS SOLUTIONS FOR WOMEN	<u>9:30 -12:30</u> ADDICTION - Relapse Prevention CREATIVE ARTS THERAPY - Finding Balance Through CAT WISDOM & COMPASSION for ANXIETY (Adv)
11:00 AM	CREATIVE ARTS THERAPY - Introduction DBT GROUP (closed) DEVELOPING SELF-COMPASSION ENHANCING PSYCHOLOGICAL WELL-BEING LIFE STRATEGIES LIVING WELL with MENTAL HEALTH (Aged) - PST MbCBT for DEPRESSION & ANXIETY UNDERSTANDING EMOTIONS (DBTi)	CREATIVE ARTS THERAPY - Guided Creative Arts GOOD CONNECTIONS - PST (12pm) LIVING WELL with MENTAL HEALTH (Aged) - PST (11am) MANAGING ANXIETY & DEPRESSION MBCT FINDING PEACE & THE ARTS MOOD & ANXIETY MANAGEMENT SCHEMA THERAPY ADVANCED SCHEMA THERAPY LEVEL II	EXPERIENCING EMOTIONS EFFECTIVELY HEALTHY LIVING SKILLS INTRODUCTION TO ACT INTRODUCTION TO DBT SKILLS (DBTi) LIVING WELL with MENTAL HEALTH (Aged) - PST (11am) MINDFUL PARENTING MINDFUL SELF-COMPASSION PATHWAYS GROUP YOUNG ADULTS PROGRAM (YAP) (18-25 yrs.) - PST (12pm)	ACT FOR NEGATIVE THINKING CREATIVE ARTS THERAPY - Reflections Through the Arts GOOD CONNECTIONS - PST MANAGING ADHD PATHWAYS GROUP STRESS SOLUTIONS FOR MEN YOUNG ADULTS PROGRAM (Yap) (18-25 Yrs.)	ACT FOR DEPRESSION & ANXIETY CREATIVE ARTS THERAPY - Creative Arts for Change DBT FOR YOUNG ADULTS (18-25 yrs.) GOOD CONNECTIONS (Aged) - PST (11am) LIVING WELL with MENTAL HEALTH (Aged) MANAGING ANXIETY & DEPRESSION STRESS SOLUTIONS FOR WOMEN	<u>9:30 -12:30</u> ADDICTION - Relapse Prevention CREATIVE ARTS THERAPY - Finding Balance Through CAT WISDOM & COMPASSION for ANXIETY (Adv)
12:30 or 1:00pm	Lunch					DDP Closed
1:00 or 1:30pm	CREATIVE ARTS THERAPY - Introduction DBT GROUP (closed) DEVELOPING SELF-COMPASSION ENHANCING PSYCHOLOGICAL WELL-BEING LIFE STRATEGIES LIVING WELL with MENTAL HEALTH (Aged) MbCBT for DEPRESSION & ANXIETY UNDERSTANDING EMOTIONS (DBTi)	CREATIVE ARTS THERAPY - Guided Creative Arts GOOD CONNECTIONS LIVING WELL with MENTAL HEALTH (Aged) MANAGING ANXIETY & DEPRESSION MBCT FINDING PEACE & THE ARTS MOOD & ANXIETY MANAGEMENT SCHEMA THERAPY ADVANCED SCHEMA THERAPY LEVEL II	EXPERIENCING EMOTIONS EFFECTIVELY HEALTHY LIVING SKILLS INTRODUCTION TO ACT INTRODUCTION TO DBT SKILLS (DBTi) LIVING WELL with MENTAL HEALTH (Aged) MINDFUL PARENTING MINDFUL SELF-COMPASSION PATHWAYS GROUP YOUNG ADULTS PROGRAM (YAP) (18-25 yrs.) 1:00 - 4:30PM: MANAGING ANXIETY, DEPRESSION & STRESS	ACT FOR NEGATIVE THINKING CREATIVE ARTS THERAPY - Reflections Through the Arts GOOD CONNECTIONS MANAGING ADHD PATHWAYS GROUP STRESS SOLUTIONS FOR MEN YOUNG ADULTS PROGRAM (Yap) (18-25 Yrs.) - PST	ACT FOR DEPRESSION & ANXIETY CREATIVE ARTS THERAPY - Creative Arts for Change DBT FOR YOUNG ADULTS (18-25 yrs.) GOOD CONNECTIONS (Aged) - PST (11am) LIVING WELL with MENTAL HEALTH (Aged) MANAGING ANXIETY & DEPRESSION STRESS SOLUTIONS FOR WOMEN	
5:30 - 9:00 pm	DDP CLOSED	ACT FOR DEPRESSION & ANXIETY ADDICTION - Relapse Prevention YAP (ADOLESCENT) GROUP (16-19 yrs.) Start 12/7 to 13/9	ADDICTION - Relapse Prevention INTRODUCTION TO ACT UNDERSTANDING EMOTIONS for Depression & Anxiety (DBTi) YOUNG ADULTS PROGRAM (YAP) (18-25 yrs.)	ADDICTION - Relapse Prevention CBT FOR DEPRESSION & ANXIETY	DDP CLOSED	

All programs are full day unless otherwise indicated

ENROLLING IN NEXT MODULE

Guidelines for Attending Delmont Day Program in Module 3 2022
Starts on 4th July 2022

Timetable is only required to be completed once

Steps on what happens next	Change of details....	SMS Reminder....	Inter-module Program
<p>Speak to your Therapist for your choices for next module.</p> 	<p>If you have changed any of the following: health fund details, address, contact phone numbers, doctor or nominated carers please inform DDP Reception.</p> 	<p>A text message will be sent to your mobile the day before to remind you to attend group.</p> <p>If you are planning to be on holidays or absent, please let your therapist know your return date to program or inform DDP reception.</p> 	<p>Grab a copy of the Inter-module Program</p>  

OFFICE USE ONLY:

Patient name added to booking list

Completed timetable filed in concertina folder

Add additional details to change sheet, i.e. holidays