

NAME: MOBILE NO:
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
09:30 am start	ACT FOR DEPRESSION & ANXIETY BIPOLAR - RELAPSE PREVENTION CREATIVE ARTS THERAPY (CAT) - Introduction DBT GROUP (closed) LIFE STRATEGIES - PST LIVING WELL with Mental Illness <b>start 11/10</b> MINDFULNESS-BASED CBT (MbcBT) UNDERSTANDING EMOTIONS (DBTi) YOUNG ADULTS PROGRAM (YAP) WISE CHOICES	ACT FOR DEPRESSION & ANXIETY (ADV) BUILDING RESILIENCE CREATIVE ARTS THERAPY (CAT) - Guided Creative Arts Therapy GOOD CONNECTIONS INTRODUCTION TO SCHEMA THERAPY (Closed) LIVING WELL with Mental Illness MANAGING ANXIETY MINDFUL SELF-COMPASSION MINDFULNESS & LIFE CYCLE TRANSITIONS YOGA	ACCEPTANCE COMMITMENT THERAPY (ACT) BUILDING RESILIENCE CREATIVE ARTS THERAPY (CAT) - Exploration Through the Arts ENHANCING PSYCHOLOGICAL WELL-BEING MEMORY GROUP MINDFULNESS & LOVING KINDNESS PATHWAYS/GENERAL SUPPORT GROUP STRENGTH TRAINING for Mental Health YOUNG ADULTS PROGRAM (YAP)	ACT FOR NEGATIVE THINKING CALM MIND & THE ARTS CREATIVE ARTS THERAPY (CAT) - Reflections Through the Arts DBT GROUP (closed) DISTRESS TOLERANCE (DBTi) GOOD CONNECTIONS MANAGING ADHD PATHWAYS GROUP - PST STRESS SOLUTIONS FOR MEN YOUNG ADULTS PROGRAM (YAP)	ACT FOR DEPRESSION & ANXIETY CBT PRINCIPLES FOR ANXIETY & DEPRESSION CREATIVE ARTS THERAPY (CAT) - CAT for Change DBT FOR YOUNG ADULTS PROGRAM GOOD CONNECTIONS INTRODUCTION TO ACT LIVING WELL with Mental Illness - PST RELATING WELL (DBTi) STRESS SOLUTIONS FOR WOMEN	9:30 -12:30 ACCEPTANCE COMMITMENT THERAPY (ACT) (ADV) ADDICTION - Relapse Prevention CREATIVE ARTS THERAPY - Finding Balance Through CAT YOUNG ADULTS PROGRAM (YAP)
11:00 AM	ACT FOR DEPRESSION & ANXIETY BIPOLAR - RELAPSE PREVENTION CREATIVE ARTS THERAPY (CAT) - Introduction DBT GROUP (closed) LIFE STRATEGIES LIVING WELL with Mental Illness - PST (11am) <b>start 11/10</b> MINDFULNESS-BASED CBT (MbcBT) UNDERSTANDING EMOTIONS (DBTi) YOUNG ADULTS PROGRAM (YAP) WISE CHOICES	ACT FOR DEPRESSION & ANXIETY (ADV) BUILDING RESILIENCE CREATIVE ARTS THERAPY (CAT) - Guided Creative Arts Therapy GOOD CONNECTIONS - PST (12pm) INTRODUCTION TO SCHEMA THERAPY (Closed) LIVING WELL with Mental Illness - PST (11am) MANAGING ANXIETY MINDFUL SELF-COMPASSION MINDFULNESS & LIFE CYCLE TRANSITIONS	ACCEPTANCE COMMITMENT THERAPY (ACT) BUILDING RESILIENCE CREATIVE ARTS THERAPY (CAT) - Exploration Through the Arts - Yoga ENHANCING PSYCHOLOGICAL WELL-BEING HEALTHY LIVING SKILLS MEMORY GROUP - PST (11am) MINDFULNESS & LOVING KINDNESS PATHWAYS GROUP YOUNG ADULTS PROGRAM (YAP) - PST (12pm)	ACT FOR NEGATIVE THINKING CALM MIND & THE ARTS CREATIVE ARTS THERAPY (CAT) - Reflections Through the Arts DBT GROUP (closed) DISTRESS TOLERANCE (DBTi) GOOD CONNECTIONS - PST MANAGING ADHD PATHWAYS GROUP STRESS SOLUTIONS FOR MEN YOUNG ADULTS PROGRAM (YAP)	ACT FOR DEPRESSION & ANXIETY CBT PRINCIPLES FOR ANXIETY & DEPRESSION CREATIVE ARTS THERAPY (CAT) - CAT for Change DBT FOR YOUNG ADULTS PROGRAM GOOD CONNECTIONS - PST INTRODUCTION TO ACT LIVING WELL with Mental Illness RELATING WELL (DBTi) STRESS SOLUTIONS FOR WOMEN	9:30 -12:30 ACCEPTANCE COMMITMENT THERAPY (ACT) (ADV) ADDICTION - Relapse Prevention CREATIVE ARTS THERAPY - Finding Balance Through CAT YOUNG ADULTS PROGRAM (YAP)
12:30 or 1:00pm	Lunch					DDP Closed
1:00 or 1:30pm	ACT FOR DEPRESSION & ANXIETY BIPOLAR - RELAPSE PREVENTION CREATIVE ARTS THERAPY (CAT) - Introduction DBT GROUP (closed) LIFE STRATEGIES LIVING WELL with Mental Illness <b>start 11/10</b> MINDFULNESS-BASED CBT (MbcBT) UNDERSTANDING EMOTIONS (DBTi) YOUNG ADULTS PROGRAM (YAP) - PST WISE CHOICES YOGA	ACT FOR DEPRESSION & ANXIETY (ADV) BUILDING RESILIENCE CREATIVE ARTS THERAPY (CAT) - Guided Creative Arts Therapy EXPRESSIVE ARTS GOOD CONNECTIONS INTRODUCTION TO SCHEMA THERAPY (Closed) LIVING WELL with Mental Illness MANAGING ANXIETY MINDFUL SELF-COMPASSION MINDFULNESS & LIFE CYCLE TRANSITIONS	ACCEPTANCE COMMITMENT THERAPY (ACT) BUILDING RESILIENCE CREATIVE ARTS THERAPY (CAT) - Exploration Through the Arts ENHANCING PSYCHOLOGICAL WELL-BEING MEMORY GROUP MINDFULNESS & LOVING KINDNESS PATHWAYS GROUP RELAXATION SKILLS YOUNG ADULTS PROGRAM (YAP) 1:00 - 4:30pm MANAGING ANXIETY, DEPRESSION & STRESS	ACT FOR NEGATIVE THINKING CALM MIND & THE ARTS CREATIVE ARTS THERAPY (CAT) - Reflections Through the Arts DBT GROUP (closed) DISTRESS TOLERANCE (DBTi) - Yoga GOOD CONNECTIONS PATHWAYS GROUP STRESS SOLUTIONS FOR MEN - PST YOUNG ADULTS PROGRAM (YAP) - PST	ACT FOR DEPRESSION & ANXIETY CBT PRINCIPLES FOR ANXIETY & DEPRESSION CREATIVE ARTS THERAPY (CAT) - CAT for Change DBT FOR YOUNG ADULTS PROGRAM GOOD CONNECTIONS INTRODUCTION TO ACT LIVING WELL with Mental Illness RELATING WELL (DBTi) STRESS SOLUTIONS FOR WOMEN	
5:30 - 9:00 pm	DDP CLOSED	ACT FOR DEPRESSION & ANXIETY ADDICTION YAP (ADOLESCENT) GROUP (16-19 yrs) <b>start 12/10 - 7/12</b>	ADDICTION INTRODUCTION TO ACT UNDERSTANDING EMOTIONS for Depression & Anxiety (DBTi) YOUNG ADULTS PROGRAM (YAP) (18-25 yrs)	ACT FOR DEPRESSION & ANXIETY ADDICTION CBT FOR DEPRESSION & ANXIETY for MEN	DDP CLOSED	

**All programs are full day unless otherwise indicated**

## ENROLLING IN NEXT MODULE

**Guidelines for Attending Delmont Day Program in Module 4 2021**  
**Starts on 4th October 2021**

**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:**

- o Patient name added to booking list
- o Completed timetable filed in concertina folder
- o Add additional details to change sheet, i.e. holidays