

# DAY PROGRAM TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9am-12:15pm	Creative Therapies	Adult ADHD	Adult ADHD	Dealing With Distress Masterclass	
	ACT Masterclass	Successful Sleep		ACT Masterclass	
				Dual Diagnosis	
9am-2:45pm	Dealing With Distress Womens	ACT	Introduction to Mood & Anxiety		MAP Masterclass
	Dealing With Distress Mixed	Trauma Skills Civilian	Trauma Skills Services		Schema Masterclass
	Emotional Eating		Trauma Processing		