

DAY PROGRAM TIMETABLE

Aurora
Effective April 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning 9am - 12:15pm	Creative Therapies	Adult ADHD		DWD Masterclass	Self-Compassion
	ACT Masterclass			ACT Masterclass	
	Self-Compassion			Dual Diagnosis	
Full Day 9am - 2:45pm	Dealing With Distress (Womens)	ACT	Introduction to Mood & Anxiety	Parenting with Mental Illness	Mood & Anxiety Masterclass
	Dealing With Distress (Mixed)	Trauma Skills (Services)	Trauma Skills (Civilian)	Trauma Skills (Services)	Schema Masterclass
		Trauma Processing			
Afternoon 12:45pm - 4:00pm	Successful Sleep	Enhancing Resilience	Dual Diagnosis	Distress Skills	
Evening 5pm - 8:30pm		Adult ADHD			