

## Outpatient Program Schedule

**Name:** \_\_\_\_\_

**Start Date:** \_\_\_\_\_

**Anticipated Completion Date:** \_\_\_\_\_

**Program Days:** Tuesdays and Thursdays

**11:00-12:00:** Men's Yoga with Newton Campbell

**12:15-1:15:** Acupuncture and Meditation with Kate Fennelly

**1:15-2:00:** Lunch Break

**2:00-3:30:** Group Therapy with Dr. Anna McCarthy

-Tuesday: Mindfulness Skills Group

-Thursday: Distress Tolerance and Emotional Regulation Group