

Outpatient Program Schedule

Name: _____

Start Date: _____

Anticipated Completion Date: _____

Program Days: Tuesdays and Thursdays

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

3:45-4:45: Woman's Yoga with Shelby Castile