

ADAPT Group Calendar – September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Adult CWMS Concurrent Disorders</p>	<p>Youth Opioid PGBA</p>			<p>TTF @ 10:30-12pm</p> <p>1</p>
<p>4</p> <p>Labour Day ADAPT offices closed</p>	<p>5</p> <p>DBT Skills Group @ 1-2:30pm CD Family Group @ 2-3:30pm PEG @ 6-8pm CD Family Group @ 6:30-8:30pm</p>	<p>6</p> <p>Coping Skills @ 12-1pm H&H Two @ 1:30-3pm Social Corner @ 4:30-6pm HR Drop In @ 6:30-7:30pm Coping Skills @ 6:30-7:30pm Overspending @ 6-7pm</p>	<p>7</p> <p>Phase One @ 1:30-3pm H&H Two @ 2:30-4pm Phase One @ 6:30-8pm</p>	<p>8</p> <p>TTF @ 10:30-12pm</p>
<p>11</p> <p>Mindfulness Drop In @ 12pm H&H One @ 11-12:30pm PG Day Treatment 9am-3pm</p>	<p>12</p> <p>DBT Skills Group @ 1-2:30pm CD Family Group @ 2-3:30pm PEG @ 6-8pm CD Family Group @ 6:30-8:30pm Continuing Care @ 6:30-7:30pm PG Day Treatment 9am-3pm</p>	<p>13</p> <p>Coping Skills @ 12-1pm H&H Two @ 1:30-3pm Social Corner @ 4:30-6pm HR Drop In @ 6:30-7:30pm Coping Skills @ 6:30-7:30pm Overspending @ 6-7pm PG Day Treatment 9am-3pm</p>	<p>14</p> <p>Phase One @ 1:30-3pm H&H Two @ 2:30-4pm Phase One @ 6:30-8pm PG Day Treatment 9am-3pm</p>	<p>15</p> <p>TTF @ 10:30-12pm PG Day Treatment 9am-3pm</p>
<p>18</p> <p>Mindfulness Drop In @ 12pm H&H One @ 11-12:30pm</p>	<p>19</p> <p>DBT Skills Group @ 1-2:30pm CD Family Group @ 2-3:30pm PEG @ 6-8pm CD Family Group @ 6:30-8:30pm</p>	<p>20</p> <p>Coping Skills @ 12-1pm H&H Two @ 1:30-3pm Social Corner @ 4:30-6pm HR Drop In @ 6:30-7:30pm Coping Skills @ 6:30-7:30pm Overspending @ 6-7pm</p>	<p>21</p> <p>Phase One @ 1:30-3pm H&H Two @ 2:30-4pm Phase One @ 6:30-8pm</p>	<p>22</p> <p>TTF @ 10:30-12pm</p>
<p>25</p> <p>Mindfulness Drop In @ 12pm H&H One @ 11-12:30pm</p>	<p>26</p> <p>DBT Skills Group @ 1-2:30pm CD Family Group @ 2-3:30pm PEG @ 6-8pm CD Family Group @ 6:30-8:30pm Continuing Care @ 6:30-7:30pm</p>	<p>27</p> <p>Coping Skills @ 12-1pm H&H Two @ 1:30-3pm Social Corner @ 4:30-6pm HR Drop In @ 6:30-7:30pm Coping Skills @ 6:30-7:30pm Overspending @ 6-7pm</p>	<p>28</p> <p>Phase One @ 1:30-3pm H&H Two @ 2:30-4pm Phase One @ 6:30-8pm</p>	<p>29</p> <p>TTF @ 10:30-12pm</p>