

# ADAPT Group Calendar – May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mindfulness Drop In @ 12pm H&H One @11-12:30pm	2 DBT Skills Group @ 1-2:30pm CD Family Group @ 2-3:30pm PEG @ 6-8pm CD Family Group @ 6:30-8:30pm	3 Coping Skills @ 12-1pm HR Drop In @ 1:30-2:30pm H&H Two @ 1:30-3pm HR Drop In @ 6:30-7:30pm Coping Skills @ 6:30-7:30pm Overspending @ 6pm-7:30pm	4 Phase One @ 1:30-3pm H&H Two @ 2:30-4pm Phase One @ 6:30-8pm	5 TTF @ 10:30-11:30am
8 Mindfulness Drop In @ 12pm H&H One @11-12:30pm	9 DBT Skills Group @ 1-2:30pm CD Family Group @ 2-3:30pm PEG @ 6-8pm CD Family Group @ 6:30-8:30pm	10 Coping Skills @ 12-1pm HR Drop In @ 1:30-2:30pm H&H Two @ 1:30-3pm HR Drop In @ 6:30-7:30pm Coping Skills @ 6:30-7:30pm Overspending @ 6pm-7:30pm	11 Phase One @ 1:30-3pm H&H Two @ 2:30-4pm Phase One @ 6:30-8pm	12 TTF @ 10:30-11:30am
15 Mindfulness Drop In @ 12pm H&H One @ 11-12:30pm PG Day Treatment 9am-3pm	16 DBT Skills Group @ 1-2:30pm CD Family Group @ 2-3:30pm PEG @ 6-8pm CD Family Group @ 6:30-8:30pm PG Day Treatment 9am-3pm	17 Coping Skills @ 12-1pm HR Drop In @ 1:30-2:30pm H&H Two @ 1:30-3pm HR Drop In @ 6:30-7:30pm Coping Skills @ 6:30-7:30pm PG Day Treatment 9am-3pm	18 Phase One @ 1:30-3pm H&H Two @ 2:30-4pm Phase One @ 6:30-8pm PG Day Treatment 9am-3pm	19 TTF @ 10:30-11:30am PG Day Treatment 9am-3pm
22 Victoria Day Stat Holiday ADAPT Offices Closed	23 DBT Skills Group @ 1-2:30pm CD Family Group @ 2-3:30pm PEG @ 6-8pm CD Family Group @ 6:30-8:30pm	24 Coping Skills @ 12-1pm HR Drop In @ 1:30-2:30pm H&H Two @ 1:30-3pm HR Drop In @ 6:30-7:30pm Coping Skills @ 6:30-7:30pm	25 Phase One @ 1:30-3pm H&H Two @ 2:30-4pm Phase One @ 6:30-8pm	26 TTF @ 10:30-11:30am
29 Mindfulness Drop In @ 12pm H&H One @11-12:30pm	30 DBT Skills Group @ 1-2:30pm CD Family Group @ 2-3:30pm PEG @ 6-8pm CD Family Group @ 6:30-8:30pm		Adult CWMS Concurrent Disorders	Youth Opioid PGBA