

FLORIDA COUNSELING CENTERS GROUP AND CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
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Time	Monday	Tuesday	Wednesday	Thursday	Friday			
8:00 AM								
8:30 AM								
9:00 AM	Sheepdog (Morgan) 9am-12pm	Sheepdog Mindfulness Movement (Megan) 9:00am-10:00am			Sheepdog (Adrian) 9am-12pm			
9:30 AM								
10:00 AM								
10:30 AM		Sheepdog (Dave) 9 am-12 pm						
11:00 AM		Anger Management (Lauren) 11am-12pm						
11:30 AM								
12:00 PM				LUNCH 12pm-1pm	Yoga Sheepdog PHP/Housing (Megan) 12pm-1pm			
12:30 PM								
1:00 PM	DBT Mindfulness (Lauren) 1pm-2pm	Sheepdog Life Skills and Team Building 1pm-3pm	Stress Managemet (Dr. Patrick) 1pm-2pm	Self Esteem (Dr. Patrick) 1pm-2pm	Boundaries and Relationships (Betsy) 1pm-2:15pm	Healing Invisible Wounds (Dr. Patrick) 1pm-2:30pm	Sheepdog Life Skills and Team Building 1pm-3pm	
1:30 PM	Assertiveness and Communication (Lauren) 2pm-3pm		Habits of Wellness (Lauren) 2pm-3pm	CBT (Lauren) 2pm-3pm				DBT Interpersonal Effectiveness (Matt) 2:30pm-4pm
2:00 PM						Distress Tolerance (Dave/Matt) 2:15pm-3:15pm		Moral Injury (Adrian) 2:30pm-4pm
2:30 PM				Emotional Regulation (Betsy) 3:30pm-5pm				
3:00 PM	Healing Heartache (Betsy) 3pm-4pm		MBSR (Matt) 3pm-4pm	MBCT (Lauren) 3pm-4pm				
3:30 PM								
4:00 PM	DINNER 4pm-5pm		Creative Healing (Matt) 4pm-5pm	DINNER 4pm-5pm		DINNER 4pm-5pm		
4:30 PM								
5:00 PM	IOP Group (Betsy) 5pm-8pm (PHP as applicable)							
5:30 PM			FSC Group (Matthew) 5:30pm - 6:30pm	Yoga (Megan) 5:30pm - 6:30pm		Yoga (Megan) 5:30pm-6:30pm		
6:00 PM			IOP Group (Lauren) 5pm-8pm (PHP as applicable)					IOP Group (Betsy/Matt) 5pm-8pm (PHP as applicable)
6:30 PM			Sheepdog (Morgan) 5pm-8pm			Sheepdog (Dave/Adrian) 5pm-8pm		
7:00 PM								
7:30 PM								
8:00 PM								