

**Rivendell Inpatient Therapy Group Program**  
**Morning: 9:30am-12:00pm, Afternoon: 1:00-3:00pm**

<b>Week</b>		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Emotions, Behaviours and Breathing</b>	<b>AM</b>	<b>Understanding Behaviour</b> Sabrina	<b>Physiology of the Breath</b> Gilad	<b>Understanding Emotions</b> Sabrina	<b>Vision</b> Gilad	<b>Art Therapy</b> Jaclyn	<b>Connecting Activities (Art/Movie/Games)</b>	<b>Wellbeing Activities</b> Kaz
	<b>PM</b>	<b>Gentle Restorative Yoga</b> Kaz	<b>Breathwork</b> 1:15-3pm Gilad	<b>Art Therapy</b> Shona	<b>Breathwork</b> 1:15-3pm Gilad  Delta Dog Georgie	<b>Art Therapy</b> Jaclyn	<b>Pizza Night</b>	
<b>Strong emotions, boundaries, danger responses</b>	<b>AM</b>	<b>Dancing with Emotions</b> Sabrina	<b>Boundaries and Masks</b> Gilad	<b>Danger Responses &amp; Trauma</b> Sabrina	<b>Breathing Techniques</b> Gilad	<b>Art Therapy</b> Jaclyn	<b>Therapeutic Music</b> Paul	<b>Wellbeing Activities</b> Jenny
	<b>PM</b>	<b>Gentle Restorative Yoga</b> Kaz	<b>Breathwork</b> 1:15-3pm Gilad	<b>Calm/Safe Place</b> Laura	<b>Breathwork</b> 1:15-3pm Gilad	<b>Art Therapy</b> Jaclyn		

# November 2022

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Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
The inner Child and how to help it heal	AM	<b>The Inner child and parent System</b> Schema Therapy Modes Sabrina	<b>Inner Child</b>  Gilad	<b>The Wise Parent and the Inner Child</b>  Sabrina	<b>Compassion</b>  Gilad	<b>Art Therapy</b>  Jaclyn	<b>Therapeutic Music</b>  Paul	<b>Wellbeing Activities</b>  Kaz
	PM	<b>Gentle Restorative Yoga</b> Kaz	<b>Breathwork</b> 1:15-3pm Gilad	<b>Art Therapy</b>  Shona	<b>Breathwork</b> 1:15-3pm Gilad  Delta Dog Georgie	<b>Art Therapy</b>  Jaclyn	<b>Pizza Night</b>	
Identity, Values and connecting to self and others	AM	<b>Reality Acceptance and Identity</b> Sabrina	<b>Values</b>  Gilad	<b>Values and the Self</b>  Sabrina	<b>Connecting with Self and others</b> Gilad	<b>Art Therapy</b>  Jaclyn	<b>Therapeutic Music</b>  Paul	<b>Wellbeing Activities</b>  Jenny
	PM	<b>Gentle Restorative Yoga</b>  Kaz	<b>Breathwork</b> 1:15-3pm Gilad	<b>Art Therapy</b>  Shona	<b>Breathwork</b> 1:15-3pm Gilad	<b>Art Therapy</b>  Jaclyn		