AIS Boynton Beach Weekly Schedule

Partial Hospitalization Program (PHP)

Monday	Tuesday	Wednesday		
9:00 - 10:30AM Caseload w/ Dr. Nicole, PsyD	9:00 - 10:30AM Spiritual Principles of Recovery	9:00 - 10:30AM SAMHSA Anger Management w/ Stacey, LMHC		
10:45AM - 12:15PM Seeking Safety (M/F)	10:45AM - 12:15PM Relapse Prevention	10:45AM - 12:15PM Processing Grief/Loss		
12:45 - 2:15PM Family Dynamics w/ Dr. Alex, DMFT	12:45 - 2:15PM Trauma-Informed Group Therapy	12:45 - 2:15PM Conflict Resolution/Straight Talk w/ Dr. Nicole, PsyD		
2:30 - 4:00PM Fundamentals of Recovery	2:30 - 4:00PM Recovery Principles*	2:30 - 4:00PM Fundamentals of Recovery		
Thursday	Friday	Saturday		
9:00 - 10:30AM 12 Steps Principles & Traditions	9:00 - 10:30AM Improving Self Esteem	9:00 - 10:30AM Nutrition/Yoga**		
10:45AM - 12:15PM CBT w/ Dr. Nicole, PsyD	10:45AM - 12:15PM Alumni Speak Meeting	10:45AM - 12:15PM Straight Talk		
	12:45 - 2:15PM Trauma-Informed Group Therapy	12:45 - 2:15PM Relapse Prevention w/ Breanna, LMHC		
12:45 - 2:15PM Trauma-Informed Group Therapy				

Additional Notes

- Clients meet with their primary therapist weekly for individual sessions.
 - Every therapist has an open-door policy for all clients.
- *Chiropractic services, massage therapy, acupuncture: 15 min sessions running concurrently with the group
- **Nutritionist rotates on a bi-weekly Saturday schedule; on the alternate weeks, FTX provides a yoga class

Ancillary Services

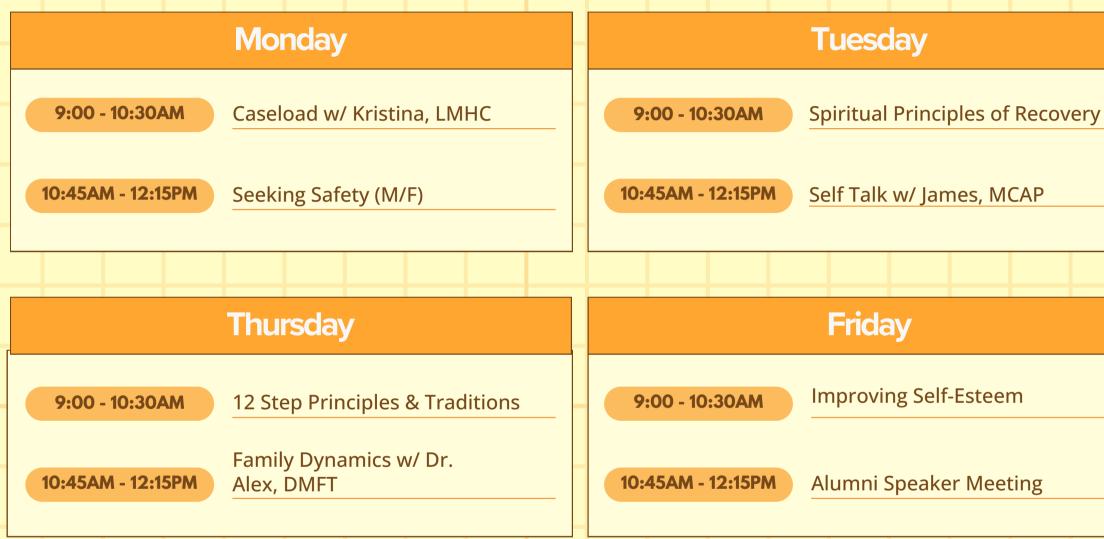
- Staff transports clients to optional outside recovery meetings daily, and to the grocery store weekly
- Nail technicians provide manicures weekly & barber visits bi-weekly
- Case management for FMLA, short-term disability, legal coordination, etc.





AIS Boynton Beach Weekly Schedule

Intensive Outpatient Program (IOP)



Additional Notes

- Clients meet with their primary therapist weekly for individual sessions.
 - Every therapist has an open-door policy for all clients.
- *Nutritionist rotates on a bi-weekly Saturday schedule; on the alternate weeks, FTX provides a yoga class

Ancillary Services

- Staff transports clients to optional outside recovery meetings daily, and to the grocery store weekly
- Nail technicians provide manicures weekly & barber visits bi-weekly
- Case management for FMLA, short-term disability, legal coordination, etc.





		Wednesday							
/		9:00 - 10:30AM	Caseload w/ Kasey, Recovery Mentor						
		10:45AM - 12:15PM	12 Steps & Principles w/ Garret, CRSS						
			Saturday						
		9:00 - 10:30AM	Nutrition/Yoga*						
	-								
		10:45AM - 12:15PM	Straight Talk						

AIS Boynton Beach Weekly Schedule

Faith-Based Intensive Outpatient Program (IOP)



Additional Notes

- Clients meet with their primary therapist weekly for individual sessions.
 - Every therapist has an open-door policy for all clients.
- Chiropractic services, massage therapy, acupuncture: 15 min sessions running concurrently with the group
- *Nutritionist rotates on a bi-weekly Saturday schedule; on the alternate weeks, FTX provides a yoga class

Ancillary Services

- Staff transports clients to optional outside recovery meetings daily, and to the grocery store weekly
- Nail technicians provide manicures weekly & barber visits bi-weekly
- Case management for FMLA, short-term disability, legal coordination, etc.





		Wednesday										
		9:00 - 10:30AM Caseload w/ Kasey, Recovery Mentor OR Devotational										
ИНС												
			10:45	AM - 12:	15PM	12 Steps & Principles w/ Garret, CRSS						
		Saturday										
			9:00) - 10:30	MAG	Nutrition/Yoga*						
			10:45	AM - 12:	15PM	Straight Talk						