

ALS Cherry Hill Weekly Schedule

Partial Hospitalization Program (PHP)



ALL IN
SOLUTIONS

Monday

9:00 - 10:30AM	Gender-Specific Group
10:40AM - 12:10PM	Gender-Specific Group
12:40 - 2:10PM	Anxiety w/ Letitia OR Caseload
2:15 - 3:45PM	Caseload
7:00 - 8:00PM	Chris B. Workshop/Book Study

Tuesday

9:00 - 10:30AM	Wellness Recovery Action Plan
10:40AM - 12:10PM	Coping Skills
12:40 - 2:10PM	Improving Self-Esteem
2:15 - 3:45PM	Grief & Loss OR Caseload
7:00 - 8:00PM	Outside Recovery Meeting

Wednesday

9:00 - 10:30AM	Gender-Specific Group
10:40AM - 12:10PM	Gender-Specific Group
12:40 - 2:10PM	Relapse Prevention OR Co-Dependency
2:15 - 3:45PM	Anger Management
7:00 - 8:00PM	Outside Recovery Meeting

Thursday

9:00 - 10:30AM	Living in Balance
10:40AM - 12:10PM	Life/Interpersonal Skills
12:40 - 2:10PM	Building Resiliency
2:15 - 3:45PM	Discovering Spirituality
7:00 - 8:00PM	Chris B. Workshop/Book Study

Friday

9:00 - 10:30AM	Stages of Change
10:40AM - 12:10PM	Gender-Specific Group
12:40 - 2:10PM	Removing the Mask OR Caseload OR Nutrition
2:15 - 3:45PM	Stress-Reduction
7:00 - 8:00PM	Outside Recovery Meeting

Saturday

9:00 - 10:30AM	Gender-Specific Group
10:40AM - 12:10PM	Gender-Specific Group
12:40 - 2:10PM	Nutrition
2:15 - 3:45PM	Expressive Therapy
7:00 - 8:00PM	Outside Recovery Meeting

Additional Notes

- Every week, clients meet individually with their primary therapist, the medical team (APN), and a case manager.
- Sundays: No scheduled clinical services; clients can relax, go to the gym, go to Church, run errands, etc.
- Schedule subject to change

Ancillary Services

- Lunch provided 12:10-12:40
- Bi-weekly massage therapist & licensed barber visits
- Clients can schedule a chiropractor as needed
- Transportation provided to gym daily
- Optional personal training sessions on Tuesdays and Thursdays
- Clients transported for grocery shopping once per week

ALS Cherry Hill Weekly Schedule

Intensive Outpatient Program (IOP)



ALL IN
SOLUTIONS

Monday

- 9:00 - 10:30AM** Family Dynamics (Women)
- 9:00 - 10:30AM** Bridging the Gap from Treatment to Recovery OR Caseload (Men)
- 10:40 - 12:10PM** Path to Recovery (Women)
- 10:40 - 12:10PM** Mindfulness OR Coping Skills (Men)
- 7:00 - 8:00PM** Chris B. Workshop/Book Study

Tuesday

- 9:00 - 10:30AM** Self-Esteem (Men & Women)
- 10:40AM - 12:10PM** Discovering Spirituality (Men & Women)
- 7:00 - 8:00PM** Outside Recovery Meeting

Wednesday

- 9:00 - 10:30AM** Seeking Safety (Women)
- 9:00 - 10:30AM** Family Dynamics (Men)
- 10:40 - 12:10PM** Mindfulness (Women)
- 10:40 - 12:10PM** 12-Step Group OR Seeking Safety (Men)
- 7:00 - 8:00PM** Outside Recovery Meeting

Thursday

- 9:00 - 10:30AM** Relapse Prevention (Men & Women)
- 10:40AM - 12:10PM** Rewiring the Brain (Men & Women)
- 7:00 - 8:00PM** Chris B. Workshop/Book Study

Friday

- 9:00 - 10:30AM** DBT & 12-Steps
- 10:40 - 12:10PM** Alumni Speaker Meeting (Women)
- 10:40 - 12:10PM** Alumni Speaker Meeting (Men)
- 7:00 - 8:00PM** Outside Recovery Meeting

Saturday

- 9:00 - 10:30AM** Wellness Lifestyle (Women)
- 9:00 - 10:30AM** Wellness Lifestyle (Men)
- 10:40 - 12:10PM** 12-Step Principles & Philosophy (Women)
- 10:40 - 12:10PM** 12-Step Principles & Philosophy (Men)
- 7:00 - 8:00PM** Outside Recovery Meeting

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- Schedule subject to change

Ancillary Services

- Transportation provided to gym daily
- Bi-weekly massage therapist & licensed barber visits
- Clients can schedule a chiropractor as needed
- Optional personal training sessions on Tuesdays and Thursdays
- Clients transported for grocery shopping once per week