

WELLNESS PROGRAMMING CALENDAR

Adult DBT Skills Program | July - August 2026

JULY 2026

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
		Chronic Illness 2-3:30 PM	Embodied DBT 5:30-6:30 PM			
6	7	8	9	10	11	12
		Chronic Illness 2-3:30 PM	Embodied DBT 5:30-6:30 PM		Embodied Insight 9-10 AM	
13	14	15	16	17	18	19
		Chronic Illness 2-3:30 PM	Embodied DBT 5:30-6:30 PM			
20	21	22	23	24	25	26
		Chronic Illness 2-3:30 PM	Embodied DBT 5:30-6:30 PM	Teen DBT Lab 5:30-6:30 PM	Walk & Process 9-10:30 AM	
27	28	29	30	31		
		Chronic Illness 2-3:30 PM	Embodied DBT 5:30-6:30 PM	Teen DBT Lab 5:30-6:30 PM		

● Chronic Illness ● Embodied DBT ● Teen DBT Lab ● Embodied Insight
● Teen/Adult Mvmt ● Walk & Process ● Change on Hamilton

AUGUST 2026

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3	4	5	6	7	8	9
		Chronic Illness 2-3:30 PM	Embodied DBT 5:30-6:30 PM	Teen DBT Lab 5:30-6:30 PM		
10	11	12	13	14	15	16
		Chronic Illness 2-3:30 PM	Embodied DBT 5:30-6:30 PM	Teen DBT Lab 5:30-6:30 PM		
17	18	19	20	21	22	23
		Chronic Illness 2-3:30 PM	Embodied DBT 5:30-6:30 PM	Teen DBT Lab 5:30-6:30 PM		
24	25	26	27	28	29	30
			Embodied DBT 5:30-6:30 PM	Teen DBT Lab 5:30-6:30 PM	Walk & Process 9-10:30 AM	

● Chronic Illness ● Embodied DBT ● Teen DBT Lab ● Embodied Insight
● Teen/Adult Mvmt ● Walk & Process ● Change on Hamilton