

## BENEFITS OF WORKING IN GROUPS

Working in groups is helpful in a variety of ways; feeling less alone, helps with isolation and stigma.

Groups provide a secure space to explore issues, concerns and learn new ways to handle difficult experiences.

The process helps to increase self-understanding and enhance well-being.

There are key therapeutic principles when working in groups which include:

- Hope
- Knowledge
- Understanding
- Acceptance
- Socialisation

Appropriate group selection for each module is facilitated by the Primary Therapist.

Please adhere to Day Program attendance guidelines to comply with Health Fund requirements.

Full Day 5 hours. Half Day 3hrs. minimum.

Please arrange all Doctors' appointments OUTSIDE of Group Times.

Changes to the program may occur at any time.

## SPECIAL DATES TO REMEMBER:

TBC Autumn Retreat

TBC Creative Arts Workshop

6/7 SUAP Family & Carers Program

### For more information or enquiries:

Contact the Delmont Day Program –  
**9805 7370**

### For an E-Referral form:

visit the website  
[www.delmonthospital.com.au/doctors](http://www.delmonthospital.com.au/doctors)

## DELMONT DAY PROGRAM

Delmont Day Program (DDP) offers a range of Services Monday to Friday. We also offer some Evening and Saturday groups which are conducted in 13 week modules.

Services offered include:

- **GENERAL THERAPY GROUPS** - (CBT, DBT, ACT, Creative Art Therapies & Mood Disorders)
- **AGED PSYCHIATRY/DEMENTIA PROGRAM**  
We have a range of groups for illnesses related to ageing. The focus is to maintain physical and mental health.
- **WELLBEING & PSYCHOSOCIAL GROUPS**  
These groups include: Life Style, Life Skills, Art therapy and Physical activity groups.
- **SUBSTANCE USE & ADDICTION PROGRAM (SUAP)**  
The aim of SUAP is to reduce personal and social harm related to substance misuse and explore underlying causes of addictive behaviours.
- **COMMUNITY OUTREACH SERVICES**  
Mental Health nurses make home visits to patients to support their mental health & wellbeing.

To attend Delmont Day Program Services, a referral from a Delmont Psychiatrist is essential. A pre-entry assessment by the Intake Clinician is conducted to determine most appropriate groups available.

Visit the website [www.delmonthospital.com.au](http://www.delmonthospital.com.au) for referral process

### For more information or enquiries contact:

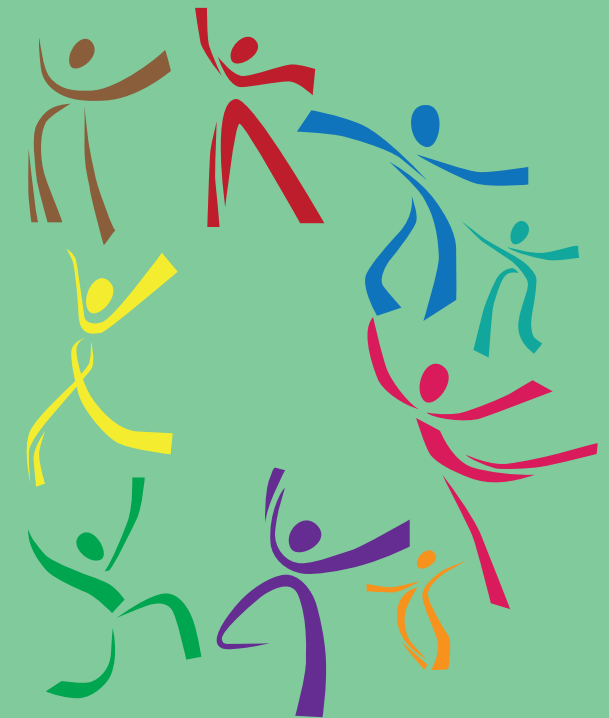
Delmont Day Program (DDP) Reception – **9805 7370**  
DDP Addiction Enquiries - **9805 7305**  
DDP Intake Clinician - **9805 7371**

300 Warrigal Road Glen Iris  
Tel: 03 9805 7370 Fax: 03 9805 7395  
Email: [delmont@delmonthospital.com.au](mailto:delmont@delmonthospital.com.au)  
Website: [www.delmonthospital.com.au](http://www.delmonthospital.com.au)



## DELMONT DAY PROGRAM (DDP)

**MODULE 2: TIMETABLE**  
*18th April - 1st July 2017*



*Your Care in Mind*

# DELMONT DAY PROGRAM Module 2 - 2017

18 April - 1st July

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lower Ground 9:30am	EXPRESSIVE ART <i>(Full Day)</i> MEMORY PROGRAM <i>(Full Day)</i> MINDFULNESS FOR EMOTIONAL WELL-BEING <i>(Full Day)</i>	GOOD CONNECTIONS <i>(Full Day)</i> LIVING WELL <i>(Full Day)</i> YOGA YOUNG AT HEART <i>(Full Day)</i>	ADDICTION - Mid to late <i>(Full Day)</i> BOUNCE BACK - Strength Training GENERAL SUPPORT MENTAL AEROBICS	ADDICTION <i>(Full Day)</i> LIVING WELL <i>(Full Day)</i> PATHWAYS - Strength Training / Gym STRESS SOLUTIONS Support <i>(Full Day)</i>	FUNDAMENTALS FOR CBT / Depression & Anxiety <i>(Full Day)</i> LIVING WELL <i>(Full Day)</i> MEMORY PROGRAM <i>(Full Day)</i> YOUNG ADULTS PROGRAM	9.00 -12.30pm MINDFULNESS & MEDITATION - Living with your Heart Wide Open
LEVEL 1 9.30am	ADDICTION - Early Recovery ADDICTION - Mid to late CBT - Anxiety/Depression <i>(Full Day)</i> GENERAL SUPPORT INTRODUCTION TO SCHEMA ROAD TO RECOVERY (RTR) - Dual Diagnosis <i>(Full Day)</i>	ADDICTION - Early Recovery ADDICTION - Mid to late BEING MINDFUL <i>(Open)</i> <i>(Full Day)</i> DBT <i>(Closed group, Full Day)</i> IMPROVE YOUR MOOD <i>(Open)</i> <i>(Full Day)</i> OPEN STUDIO <i>(Full Day)</i> <i>(Open)</i> SCHEMA THERAPY LEVEL II	ACT for Anxiety <i>(Full Day)</i> ADDICTION - Early Recovery CREATIVE ARTS THERAPY DBT <i>(Closed group, Full Day)</i> DUAL DIAGNOSIS in Recovery <i>(Full Day)</i> LIFE SKILLS for BUILDING RESILIENCE NOURISHING THE BODY & MIND	EMOTIONAL RESILIENCE DBT <i>(Closed Group Full Day)</i> GENERAL SUPPORT SELF CARE SELF SOOTHE <i>(Full Day)</i> WOMENS GROUP <i>(Open)</i> <i>(Full Day)</i> YOGA 1 (9.00 to 10.00am) YOGA 2 (10.00 to 11.00am)	ADDICTION - Early Recovery ADDICTION - Mid to late CBT - Anxiety/Depression ADVANCED <i>(Full Day)</i> CREATIVE ARTS - for Change <i>(Open)</i> <i>(Full Day)</i> WORK TOWARD RECOVERY - Dual Diagnosis <i>(Full Day)</i>	
Lower Ground 11.00AM	EXPRESSIVE ART <i>(Full Day)</i> MEMORY Strength Training <i>(Full Day)</i> MINDFULNESS FOR EMOTIONAL WELL-BEING <i>(Full Day)</i>	GOOD CONNECTIONS LIVING WELL Strength Training <i>(Full Day)</i> YOUNG AT HEART <i>(Full Day)</i>	<u>10.45am</u> GET ACTIVE - offsite ADDICTION - Mid to late (cont') BOUNCE BACK Skills Group <i>(Full Day)</i> HEALTH LIVING SKILLS <i>(Full Day)</i> PATHWAYS <i>(Open)</i>	ADDICTION <i>(Full Day)</i> LIVING WELL <i>(Full Day)</i> PATHWAYS - Strength Training / Gym STRESS SOLUTIONS Support <i>(Full Day)</i>	<u>10.45am</u> GET ACTIVE - offsite FUNDAMENTALS FOR CBT / Depression & Anxiety <i>(Full Day)</i> LIVING WELL Strength Training MEMORY PROGRAM <i>(Full Day)</i> YOUNG ADULTS PROGRAM	
LEVEL 1 11.00am	ADDICTION - Early Recovery ADDICTION - Mid to late CAT for Exploring Creativity CBT - Anxiety/Depression <i>(Full Day)</i> INTRODUCTION TO SCHEMA ROAD TO RECOVERY (RTR)	ADDICTION - Early Recovery ADDICTION - Mid to late BEING MINDFUL <i>(Open)</i> <i>(Full Day)</i> DBT <i>(Closed Group)</i> <i>(Full Day)</i> IMPROVE YOUR MOOD <i>(Open)</i> <i>(Full Day)</i> OPEN STUDIO <i>(Full Day)</i> SCHEMA THERAPY LEVEL II	ACT for Anxiety <i>(Full Day)</i> ADDICTION - Early Recovery CREATIVE ARTS THERAPY DBT <i>(Closed Group, Full Day)</i> DUAL DIAGNOSIS in Recovery <i>(Full Day)</i> <i>(Open)</i> LIFE SKILLS for BUILDING RESILIENCE NOURISHING THE BODY & MIND	ACT for NEGATIVE THINKING <i>(Full Day)</i> CREATIVE ARTS THERAPY <i>(Full Day)</i> EMOTIONAL RESILIENCE MINDFULNESS & SELF COMPASSION <i>(Full Day)</i> SELF CARE SELF SOOTHE <i>(Full Day)</i> WOMENS GROUP <i>(Open)</i> <i>(Full Day)</i>	ADDICTION - Early Recovery ADDICTION - Mid to late (Cont') CBT - Anxiety/Depression ADVANCED <i>(Full Day)</i> CREATIVE ARTS - for Change <i>(Open)</i> PAIN PROGRAM - <i>Starts TBC</i> WORK TOWARDS RECOVERY (Dual Diagnosis) <i>(Full Day)</i>	
12.30/ 1.00pm	Lunch	Lunch	Lunch	Lunch	Lunch	DDP CLOSED
1.15pm	Gym / Swim	Gym / Swim	Gym / Swim	Gym / Swim	Gym / Swim	
Lower Ground 1.00pm	EXPRESSIVE ART <i>(Full Day)</i> MEMORY ACTIVITY <i>(Full Day)</i> MINDFULNESS FOR EMOTIONAL WELL-BEING <i>(Full Day)</i>	ADDICTION - Therapeutic Medley GOOD CONNECTIONS - Craft <i>(Full Day)</i> LIVING WELL Activities <i>(Full Day)</i> YOUNG AT HEART - Strength Training <i>(Full Day)</i>	ADDICTION Mindfulness MUSIC & MENTAL HEALTH PATHWAYS <i>(Open)</i>	ADDICTION - Practice Skills <i>(Full Day)</i> LIVING WELL <i>(Full Day)</i> PATHWAYS <i>(Full Day)</i> STRESS SOLUTIONS	LIVING WELL <i>(Full Day)</i> MEMORY - Strength Training	
LEVEL 1 1.30pm	ADDICTION - ACT for Recovery CBT - Relaxation/Mindfulness <i>(Full Day)</i> CREATIVE ARTS RTR RECOVERY SKILLS <i>(Open)</i>	<u>1.00 - 4.30pm</u> LIFE STRATEGIES <i>(Open)</i> BEING MINDFUL <i>(Open)</i> <i>(Full Day)</i> DBT - Practice & Reflection <i>(Closed Group, Full Day)</i> MINDFULNESS SKILLS <i>(Open)</i> OPEN STUDIO <i>(Open)</i> <i>(Full Day)</i>	<u>1.00 - 4.30pm</u> CBT - for Obsessional Thinking <i>(Open)</i> ACT for Anxiety <i>(Full Day)</i> MINDFULNESS APPROACH TO CREATIVE ARTS RELAXATION SKILLS <i>(Open)</i>	CREATIVE ARTS THERAPY <i>(Full Day)</i> MINDFULNESS & SELF COMPASSION <i>(Full Day)</i> RELAXATION SKILLS WOMENS GROUP <i>(Open)</i> <i>(Full Day)</i>	ADDICTION - Practice Skills CREATIVE ARTS - for Change <i>(Open)</i> <i>(Full Day)</i> PAIN PROGRAM - <i>Starts TBC</i> RELAXATION SKILLS WORK TOWARDS RECOVERY Skills Group (Dual Diagnosis)	
Evening 5.30pm - 9.00pm		MEN'S HEALTH GROUP ACT - Anxiety/Depression CBT - Anxiety/Depression <i>Dinner 6:30 - 7.00pm</i>		ADDICTION ADOLESCENT PROGRAM CREATIVE ARTS - Resilient Self YOUNG ADULTS PROGRAM <i>Dinner 6:30 - 7.00pm</i>		