



CMHA-HKPR Health Team Group Schedule 2019-2020

Group	Start Date	Time	End Date
Fall 2019:			
DBT Skills	Tues Sept 10 th	1pm-3pm	Tues Dec 17 th
DBT Skills	Thurs Sept 12 th	10am-12pm	Thurs Dec 19 th
Changeways	Wed Sept 18 th	10:30am-12pm	Wed Dec 4 th
Changeways	Wed Sept 18 th	2pm-3:30pm	Wed Dec 4 th
CBT Skills	Tues Sept 24 th	10:30am-11:30am	Tues Oct 29 th
Youth Changeways	Tues Oct 1 st	3:30pm-4:30pm	Tues Nov 26 th
Winter 2020:			
DBT Skills	Tues March 10 th	1pm-3pm	Tues June 23 rd
DBT Skills	Thurs March 12 th	10am-12pm	Thurs June 25 th
Changeways	Wed Jan 8 th	10:30am-12pm	Wed March 25 th
Changeways	Wed Jan 8 th	2pm-3:30pm	Wed March 25 th
Youth Changeways	Tues Jan 14 th	3:30pm-4:30pm	Tues March 10 th
Spring 2020:			
DBT Skills	See above		
DBT Skills	See above		
Changeways	Wed April 8 th	10:30am-12pm	Wed June 24 th
Changeways	Wed April 8 th	2pm-3:30pm	Wed June 24 th
Youth Changeways	Tues April 14 th	3:30pm-4:30pm	Tues June 9 th