



Mother-Baby Intensive Outpatient program: sample schedule

Group	Time	Monday, Day 1	Tuesday	Wednesday, Day 2	Thursday, Day 3	Friday
1	9 - 9:15 a.m.	Check-in	Individual	Check-in	Check-in	Family
	9:15 - 10 a.m.	Mother-Baby Bonding Activity: Infant massage	Therapy and Psychiatry Sessions (as needed)	Mother-Baby Bonding and Developmental Activities	Music, Movement, and Expressive Therapies	Meetings, Individual Therapy and Psychiatry Sessions (as needed)
	10 - 10:15 a.m.	Break		Break	Break	
2	10:15 - 11 a.m.	Core Coping Skills Group		Core Coping Skills Group	Core Coping Skills Group	
	11 - 11:15 a.m.	Mindfulness		Mindfulness	Mindfulness	
	11:15 - 11:30 a.m.	Break		Break	Break	
3	11:30 a.m. - 12:20 p.m.	Mother-Baby Relationship Group		Motherhood Process Group	Perinatal Health and Wellness Group	
	12:20 - 12:30 p.m.	Check-out		Check-out	Check-out	