

September

Clinical Therapy Fall Groups 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 FALL GROUPS BEGIN	5 CBT/CARE In Person Group: Aurora Office 1:30pm 10 weeks	6 DBT/ME In Person Group: Aurora Office 1:30pm 10 weeks	7	8 MBCT Virtual Group 1:00pm Open Group	9
10	11 DBT/ME In Person Group: Markham Office 1:30pm 10 weeks	12 CBT/CARE In Person Group: Markham Office 1:30pm 10 weeks	13 CBT-P Virtual Group: 10:30am 8 weeks	14 Shame and Resilience In Person Group: Aurora Office 1:30pm 10 weeks CBT-P In Person: Vaughan Office 1:30pm 8 weeks	15 MBCT Virtual Group 1:00pm Open Group	16
17	18 DBT/ME Virtual Group: 1:30pm 10 weeks	19	20 Shame and Resilience Virtual Group: 1:30pm 10 weeks CBT/CARE Virtual Group 1:30 pm 10 weeks	21	22 MBCT Virtual Group 1:00pm Open Group	23
24	25	26	27	28	29 Orientation Virtual Group 11:00am MBCT Virtual Group 1:00pm Open Group	30

October

Clinical Therapy Fall Groups 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 MBCT Virtual Group 1:00pm Open Group	7
8	9	10	11	12	13 MBCT Virtual Group 1:00pm Open Group	14
15	16	17	18	19	20 MBCT Virtual Group 1:00pm Open Group	21
22	23	24	25	26	27 Orientation Virtual Group 11:00am MBCT Virtual Group 1:00pm Open Group	28
29	30	31				

November

Clinical Therapy Fall Groups 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 MBCT Virtual Group 1:00pm Open Group	4
5	6	7	8	9	10 MBCT Virtual Group 1:00pm Open Group	11
12	13	14	15 REGISTRATION WINDOW OPENED FOR WINTER SPECIALIZED GROUPS	16	17 MBCT Virtual Group 1:00pm Open Group	18
19	20	21	22	23	24 Orientation Virtual Group 11:00am MBCT Virtual Group 1:00pm Open Group	25
26	27	28	29	30		

December

Clinical Therapy Fall Groups 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Orientation Virtual Group 11:00am MBCT Virtual Group 1:00pm Open Group	2
3	4 ASSESSMENTS BEGIN FOR WINTER GROUPS	5	6	7	8 MBCT Virtual Group 1:00pm Open Group	9
10	11	12	13 LAST FALL GROUP	14	15 Orientation Virtual Group 11:00am MBCT Virtual Group 1:00pm Open Group	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

January

Clinical Therapy Winter Assessments 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12 Orientation Virtual Group 11:00am MBCT Virtual Group 1:00pm Open Group	13
14	15 REGISTRATION WINDOW CLOSED FOR WINTER SPECIALIZED GROUPS	16	17	18	19 MBCT Virtual Group 1:00pm Open Group	20
21	22	23	24	25 ASSESSMENTS END FOR WINTER GROUPS	26 Orientation Virtual Group 11:00am MBCT Virtual Group 1:00pm Open Group	27
28	29	30	31			

February

Clinical Therapy Winter Groups 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
					MBCT Virtual Group 1:00pm Open Group	
4	5	6	7	8	9	10
WINTER GROUPS BEGIN THIS WEEK	DBT/ME In Person Group: Markham Office 1:30pm-3:30pm Specialized Group 10 sessions	CBT/CARE In Person Group: Markham Office 10:30pm-12:00pm Specialized Group 10 sessions	DBT/ME In Person Group: Aurora Office 1:30pm-3:30pm Specialized Group 10 sessions		MBCT Virtual Group 1:00pm Open Group	
11	12	13	14	15	16	17
	DBT/ME Virtual Group: 1:30pm-3pm Specialized Group 10 sessions CBT/CARE Virtual Group 1:30 am -3:30pm Specialized Group 10 sessions	CBT/CARE In Person Group: Aurora Office 1:30pm-3:30pm Specialized Group 10 sessions	CBT-P Virtual Group: 10:30am 8 weeks (Tentative)	Shame and Resilience In Person Group: Aurora Office 1:30pm 10 weeks CBT-P In Person: Vaughan Office 1:30pm 8 weeks	MBCT Virtual Group 1:00pm Open Group	
18	19	20	21	22	23	24
					Orientation Virtual Group 11:00am MBCT Virtual Group 1:00pm Open Group	
25	26	27	28	29		

March

Clinical Therapy Winter Groups 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 MBCT Virtual Group 1:00pm Open Group	2
3	4 REGISTRATION WINDOW OPENED FOR SPRING/SUMMER SPECIALIZED GROUPS	5	6	7	8 MBCT Virtual Group 1:00pm Open Group	9
10	11	12	13	14	15 MBCT Virtual Group 1:00pm Open Group	16
17	18	19	20	21	22 MBCT Virtual Group 1:00pm Open Group	23
24	25	26	27	28	29 Orientation Virtual Group 11:00am MBCT Virtual Group 1:00pm Open Group	30
31						

April

Clinical Therapy Winter Groups 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 ASSESSMENTS FOR SUMMER SESSION	2	3	4	5 MBCT Virtual Group 1:00pm Open Group	6
7	8	9	10	11	12 MBCT Virtual Group 1:00pm Open Group	13
14	15	16	17	18	19 MBCT Virtual Group 1:00pm Open Group	20
21	22 REGISTRATION WINDOW CLOSED FOR SUMMER/SPRING SPECIALIZED GROUPS	23	24 LAST WINTER GROUP	25	26 Orientation Virtual Group 11:00am MBCT Virtual Group 1:00pm Open Group	27
28	29	30				

May

Clinical Therapy Groups 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 MBCT Virtual Group 1:00pm Open Group	4
5	6	7	8	9	10 MBCT Virtual Group 1:00pm Open Group	11
12	13	14	15	16	17 MBCT Virtual Group 1:00pm Open Group	18
19	20	21	22	23	24 MBCT Virtual Group 1:00pm Open Group	25 ASSESSMENTS END FOR SUMMER/SPRING GROUPS
26	27	28	29	30	31 Orientation Virtual Group 11:00am MBCT Virtual Group 1:00pm Open Group	

June

Clinical Therapy 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 SUMMER/SPRING GROUPS BEGIN THIS WEEK	3 DBT/ME In Person Group: Markham Office 1:30pm-3:30pm Specialized Group 10 sessions	4	5 DBT/ME Booster session in person Aurora 1:30pm-3:30pm	6 CBT-P In Person: Vaughan Office 1:30pm- 3:30pm Specialized Group 8 sessions	7 MBCT Virtual Group 1:00pm Open Group	8
9	10 CBT/CARE In Person Group: Aurora Office 1:30pm-3:30pm Specialized Group 10 sessions	11	12 CBT/CARE Booster session In Person – Aurora 1:30pm-3:30pm	13	14 MBCT Virtual Group 1:00pm Open Group	15
16	17	18	19	20	21 MBCT Virtual Group 1:00pm Open Group	22
23	24	25	26	27	28 Orientation Virtual Group 11:00am MBCT Virtual Group 1:00pm Open Group	29
30						

July

Clinical Therapy Groups 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 MBCT Virtual Group 1:00pm Open Group	6
7	8	9	10	11	12 MBCT Virtual Group 1:00pm Open Group	13
14	15 REGISTRATION WINDOW OPEN FOR FALL SPECIALIZED GROUPS	16	17	18	19 MBCT Virtual Group 1:00pm Open Group	20
21	22	23	24	25	26 Orientation Virtual Group 11:00am MBCT Virtual Group 1:00pm Open Group	27
28	29	30	31			

August

Clinical Therapy Groups 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 MBCT Virtual Group 1:00pm Open Group	3
4	5 ASSESSMENTS BEGIN FOR FALL GROUPS	6	7	8	9 Orientation Virtual Group 11:00am MBCT Virtual Group 1:00pm Open Group	10
11 LAST WEEK OF SUMMER/SPRING GROUPS	12	13	14	15	16 MBCT Virtual Group 1:00pm Open Group	17
18	19	20	21	22	23 Orientation Virtual Group 11:00am MBCT Virtual Group 1:00pm Open Group	24
25	26	27	28	29	30 MBCT Virtual Group 1:00pm Open Group	31

September

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13 MBCT Virtual Group 1:00pm Open Group	14
15 FALL GROUPS BEGIN THIS WEEK	16	17 CBT/CARE In Person Group: Aurora Office 1:30pm 10 Sessions	18 DBT/ME In Person Group: Aurora Office 1:30pm 10 Sessions	19 Shame and Resilience In Person Group: Aurora Office 1:30pm 10 Sessions	20 MBCT Virtual Group 1:00pm Open Group	21
22	23 DBT/ME In Person Group: Markham Office 1:30pm 10 Sessions	24 CBT/CARE In Person Group: Markham Office 1:30pm 10 Sessions	25 CBT/CARE Virtual Group 1:30 pm 10 Sessions	26 CBT-P In Person: Vaughan Office 1:30pm 8 Sessions	27 MBCT Virtual Group 1:00pm Open Group	28
29	30 DBT/ME Virtual Group: 1:30pm 10 Sessions					