



ADULT IOP PROGRAM - WEEKLY SCHEDULE

Ethos Wellness - Woodway • 5757 Woodway Dr., Suite 285 Houston, Texas 77057 • www.ethoswellness.com • 713-324-3754

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ADULT IOP					
ADULT DAYTIME 10:30AM-1PM	GROUP	GROUP		GROUP	GROUP
MIXED AGE 10:30AM-1PM	GROUP	GROUP		GROUP	GROUP
YOUNG ADULT 10:30AM-1PM	GROUP	GROUP		GROUP	GROUP
ADULT EVENING 6PM-9PM (VIRTUAL OPTION)	GROUP		GROUP	GROUP	
FAMILY SUPPORT 6PM-8PM			GROUP		

All daytime groups are in-person. Please contact group clinician if accommodations are needed.

Evening group is a hybrid based service, offering in-person and virtual options.

Individual Therapy (1hr/wk) is scheduled outside of Group and around clinician/client availability.

*Family Support Group is a no cost hybrid offering during 8 week program.

ETHOS

W E L L N E S S

ADOLESCENT IOP PROGRAM - WEEKLY SCHEDULE

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ADOLESCENT IOP & GROUP					
ADOLESCENT 5PM-7:30PM	GROUP	GROUP	MULTI-FAMILY	GROUP	
AFTERCARE DBT SKILLS & EXECUTIVE FUNCTIONING 5:30PM-7:30PM		GROUP			
PARENT SUPPORT 5:30PM-7:30PM		GROUP			

All groups are in-person. Please contact group clinician if accommodations are needed.
Individual Therapy (1hr/wk) is scheduled outside of Group and around clinician/client availability.

*Parent Support Group is a no cost hybrid offering during 8 week program.



ADULT OP/AFTERCARE/DBT SKILLS GROUPS WEEKLY SCHEDULE

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ADULT IOP					
DAYTIME DBT SKILLS (HYBRID) 10AM-12PM				GROUP	
EXECUTIVE FUNCTIONING 2PM-3:30PM				GROUP	
EVENING DBT SKILLS (VIRTUAL) 5:30PM-7:30PM			GROUP		
TRAUMA INFORMED DBT SKILLS (VIRTUAL) 5:45PM-7:45PM		GROUP			
POST-TRAUMATIC GROWTH PROCESS 7PM-8:30PM	GROUP				