

Day Program 2026 Schedule



Our programs are built on evidence-informed practice and delivered by experienced mental health clinicians. We provide a safe, supportive environment where participants can develop practical skills, build confidence, strengthen resilience, and work towards meaningful recovery.

Dialectical Behaviour Therapy (DBT) **48 Weeks | Mondays | In Person**

Our DBT program is designed for individuals who experience difficulties managing intense emotions, maintaining relationships, or coping with distress. You will learn and practice the four core DBT skill areas: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. With these skills, you will strengthen your coping strategies, increase self awareness, and build confidence in managing life's challenges.

Cognitive Processing Therapy (CPT) for PTSD **12 Weeks | Fridays | In Person**

The CPT program is a closed, evidence-based treatment for individuals with a diagnosis of PTSD or cPTSD. CPT helps participants understand how traumatic experiences can affect thoughts, emotions, and behaviours, while providing practical strategies to reduce the ongoing impact of trauma. In this program, you will be supported to identify and challenge unhelpful beliefs related to trauma, process difficult experiences in a safe, structured way, and develop healthier thinking patterns.

Thriving with ADHD **15 Weeks | Fridays | In Person**

Our ADHD program is for individuals with ADHD or suspected ADHD. In this group, participants will focus on understanding their strengths and challenges while developing practical skills for everyday life. The program explores approaches to improve organisation, attention, emotional regulation, time management, and executive functioning. We combine evidence-based psychoeducation with therapeutic group support to foster peer connection, self understanding, and confidence.

Pathways to Wellbeing **20 Weeks | Wednesdays | Online**

To support individuals to build psychological skills, we provide a program that supports with navigating everyday challenges and improve overall wellbeing. Drawing on evidence-based approaches, the program provides practical strategies to better understand their thoughts and emotions, strengthen coping strategies, enhance communication, and build habits that support long term wellbeing. Our program supports participants to build resilience, increase psychological flexibility, and create meaningful change.

Addiction Recovery Circle **10 Weeks | Tuesdays | In Person**

Our addiction program provides a supportive, non judgemental space for individuals seeking recovery from alcohol and/or other drug use. We focus on understanding the factors that contribute to addictive behaviours while building the skills needed for sustainable recovery. Participants will learn strategies to manage urges, regulate emotions, cope with distress, and develop healthier ways of responding to life's challenges. The program is about building resilience, reconnecting with personal values, and establishing a balanced life in recovery.

Program Information

Our day programs are delivered as half day sessions from 9:30am - 12:30pm, unless otherwise specified. Each session includes a short refreshment break, providing space to reflect, recharge and connect with other participants. We offer a combination of in person and online programs to support accessibility and meet individual needs. Our programs include both open and closed groups, providing flexibility for participants. If you are unsure of which program would be suitable for you, our therapy team can help identify the most appropriate program based on your goals and needs.

Enquire at: dayprogram@sunshineclinicph.com.au