

Aurora Santa Rosa Hospital

Outpatient Services

Come Meet our Multidisciplinary Treatment Team

- Licensed, Master's Level Therapists
- Licensed, Master's Level Chemical Dependency Counselors
- Activity Therapists
- Psychiatrists
- RNs

When everyday life becomes overwhelming and you need support, assistance with coping, or facing emotional difficulties, we have a program to help.

Sample Daily Schedule (Monday - Friday 9am-2:05pm)	9-10am	— Mood Process
	10am	— Break
	10:10-11:10am	— Goal Setting and D/C Planning CBT/DBT Co-Occurring Diagnoses/Medication Education
	11:10-12:10pm	— Psychotherapy
	12:10-12:50pm	— PHP Lunch break
	12:50-1:50pm	— PHP Afternoon DBT Mindfulness Art Therapy DBT Emotion Regulation DBT Distress Tolerance
	1:50-2:05pm	— PHP - Checkout

www.AuroraSantaRosa.com
1287 Fulton Road
Santa Rosa, CA 95401
(707) 800-7741