



RESIDENTIAL PROGRAM: TRACK #1

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15 AM	Breakfast (8:15-9)	Breakfast (8:15-9)	Breakfast (8:15-9)	Breakfast (8:15-9)	Breakfast (8:15-9)	Breakfast (8:15-9)	Breakfast (8:15-9)
8:30 AM							
9:00 AM	See schedule on Residential unit	Goals Room #106 (9-9:30)	Goals Room #106 (9-9:30)	Goals Room #106 (9-9:30)	Goals Room #106 (9-9:30)	Goals Room #106 (9-9:30)	Goals group (9-9:30)
9:30 AM		Process Group Rm #203 (9:30-10:30)	Art Therapy Rm #202 (9:30-11)	CBT Rm #205 (9:30-11)	Relapse Prevention Rm #203 (9:30-10:30)	DBT Rm #106 (9:30-11)	Morning walk (9:30-10)
10:00 AM							
10:30 AM		Substance Use Room #206 or Enrichment group Room #202 (10:30-12)	Music Therapy Rm #205 (11-12)	Healthy Relationships Rm #205 (11-12)	Recreation Therapy Rm 203 (10:30-12)	Music Therapy (203) (11-12)	Open Music Music Rm Gym (11-12)
11:00 AM							
11:30 AM							
12:00 PM	Lunch (12:00 – 12:45)	Lunch (12:00 – 12:45)	Lunch (12:00 – 12:45)	Lunch (12:00 – 12:45)	Lunch (12:00 – 12:45)	Lunch (12:00 – 12:45)	Lunch (12:00 – 12:45)
12:45 PM							
1:00 PM	See schedule on Residential unit	Meditation (1-1:30) Multipurpose room or pet therapy #203	CBT Rm #106 (1-2)	Process group Rm #106 (1-2:30)	Horticulture Therapy Greenhouse (1-2)	Meditation Multipurpose room (1-1:30)	Community group Multipurpose Rm (1-2:15)
1:30 PM							
2:00 PM		DBT (1:30-3) Room #106	Recreational Therapy Room #203 (2-3)	Meditation 2:30-3 Multipurpose Rm	Art Therapy Art room #202 (2-3)	Self-Awareness Rm #203 (1:30-3)	Recreation Activity (2:30-3:30)
2:30 PM							
3:00 PM		Nutrition Education Kitchen Room #208 (3-4)	Nutrition Education Learning Kitchen Room #208 (3-4)	Drumming in the Multipurpose (3-4)	Yoga Multipurpose room (3-4)	Health Promotion Rm #203 (3-4)	See Residential Unit Schedule
3:30 PM							
4:00 PM							
4:30 PM	Physical Wellness (4:15-5:30)	Physical Wellness or Yoga (4:15-5:30)	Physical Wellness (4:15-5:30)	Physical Wellness or Gender & Sexuality Peer Support Group (4:15-5:30)	Physical Wellness (4:15-5:30)		
5:45 PM	Dinner (5:30-6:30)	Dinner (5:30-6:30)	Dinner (5:30-6:30)	Dinner (5:30-6:30)	Dinner (5:30-6:30)	Dinner (5:30-6:30)	Dinner (5:30-6:30)
6:30 PM	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit
7:00 PM	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit
8:00 PM	Wrap up Group	Wrap up Group	Wrap up Group	Wrap up Group	Wrap up Group	Wrap up Group	Wrap up Group
8:30 PM	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit

\*Subject to change.