

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7:15am-8:30am	Good Morning! Please enjoy Breakfast and report to the Nurses station by 8:30am for Meds and Vitals							
8:30am-9:00am	Community Cleaning							
9:00am-9:15am	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group	
9:30am-10:30am	YOGA A	YOGA A	Reiki A	YOGA A	YOGA A	YOGA	YOGA	
10:45am-11:45am	Process Group	Process Group	DBT Informed Group	Process Group	Process Group	Process Group	Journaling	
11:45am-12:45pm	DBT Informed Group	Expressive Therapy		Expressive Therapy	Coping Skills Practice	Meditation	Movement	
12:45pm-1:45pm	Lunch Community Meeting	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
1:45pm-2:30pm	DBT Informed Group	Trauma Focused Processing	Psychoeducation Group	CBT Skills Group	Personal Development Group & Business Center Activities	Weekend Massage	Weekend Outing	
2:30pm-2:45pm	Fresh Air Break	Fresh Air Break	Fresh Air Break	Fresh Air Break				
2:45pm-3:30pm	Psychoeducation Group	Movement	Nutrition Education	Movement		Holistic Wellness	Relaxation	
2:45pm-3:45pm	Scheduled Individual Therapy Sessions							
3:45pm-4:45pm	Meditation	Nurse Education Group	Meditation	Holistic Wellness	Game Day!!	Relaxation		
5:30pm-6:30pm	Dinner	Dinner	Dinner Relaxation	Dinner Relaxation	Dinner Relaxation	Dinner Jacuzzi Hour	Dinner Jacuzzi Hour	
6:30pm-7:00pm	Relaxation	Relaxation						
7:00pm-8:00pm	Bright Spots	Bright Spots	Bright Spots	Bright Spots	Bright Spots	Bright Spots	Bright Spots	
8:00pm-9:00pm	Holistic Wellness	Meditation	Holistic Wellness	Meditation	Jacuzzi Hour	Self-Guided Activities	Self-Guided Activities	