

SAMPLE SCHEDULE – WINTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00	Fresh Air Break	Fresh Air Break	Fresh Air Break	Fresh Air Break	Fresh Air Break		
9:30	TEAM MEETING (STAFF)	COMMUNITY MTG		TEAM MEETING (STAFF)	BAKING (9:30-10:30)		
10:00		Creative Writing (10:00 -11:00)	NUTRITION GROUP (10:00-10:45)	ART (10:15 -11:00)			CURRENT EVENTS (10:15-11:00)
10:30	RESEARCH GROUP (10:30-11:00)	EXPOSURE THERAPY HOMEWORK GROUP (10:15-10:45)		EXPOSURE THERAPY HOMEWORK GROUP (10:15-10:45) (ED Staff)			EXERCISE (10 -11)
11:00	PASS/PRIVILEGES REVIEW (11:00-11:15)	COOKING (11:00-1:00)	CBT (11:00-11:45)	PASS/PRIVILEGES REVIEW (11:00-11:15)	CAREER EXPLORATION (11:00-11:45)		
11:30	PHOTOGRAPHY (11:15-12:00)			LUNCH GROUP (11:45-1:30)			
12:00	MEAL PROCESS	MEAL PROCESS (12:00-1:00)	LUNCH (ALL)	LUNCH (ALL)	LUNCH (ALL)	LUNCH (ALL)	
12:30	Fresh Air Break	Fresh Air Break	Fresh Air Break	Fresh Air Break	Fresh Air Break		LUNCH
1:00		DBT SKILLS (1:30 - 2:15)		YOGA/MEDITATION (1:45-2:45)	STRESS & COPING (1:15-2:00)		
1:30	CBT (1:15-2:00)		INTERPERSONAL EFFECTIVENESS (1:30-2:15)				LIBRARY (1:30-2:15)
2:00		YOGA (2:15-3:15)					TABLE GAMES (2:15-3:00)
2:30	MEAL PLANNING & FOOD SHOPPING		LEISURE EDUCATION (2:30 – 3:15)		COFFEE KLATCH (2:30 - 3:30)		
3:00							
3:30	WELLNESS GROUP (3:30 – 4:15)		Psychotherapy Group (3:30-4:15)	DISCHARGE PLANNING GROUP (3:30-4:15)			
4:00	EXPOSURE THERAPY FOLLOW-UP (4:15-4:30)	EXPOSURE THERAPY FOLLOW-UP (4:15-4:30)		EXPOSURE THERAPY FOLLOW-UP (4:15-4:30)	EXPOSURE THERAPY FOLLOW-UP (4:15-4:30)	LIBRARY (4:00-4:45)	
4:30							
5:00	DINNER > (ALL)	DINNER > (ALL)	DINNER > (ALL)	DINNER > (ALL)	DINNER > (ALL)	DINNER > (ALL)	
5:30	FRESH AIR BREAK	FRESH AIR BREAK	FRESH AIR BREAK	FRESH AIR BREAK	FRESH AIR BREAK	FRESH AIR BREAK	DINNER > (ALL)
6:00			VIDEO DISCUSSION GROUP				
6:30							
7:00							