

Sun	Mon	Tue	Wed	Thu	Fri	Sat
6:45 Classical Music wake-up	6:45 Classical Music wake-up	6:45 Classical Music wake-up	6:45 Classical Music wake-up	6:45 Classical Music wake-up	6:45 Classical Music wake-up	6:45 Classical Music wake-up
7:00 Med Pass	7:00 Med Pass	7:00 Med Pass	7:00 Med Pass	7:00 Med Pass	7:00 Med Pass	7:00 Med Pass
7:30 Final wakeup	7:30 Final wake-up	7:30 Final wake-up	7:30 Final wake-up	7:30 Final wake-up	7:30 Final wake-up	7:30 Final wake-up
8:00 Ready for day	8:00 Ready for day	8:00 Ready for day	8:00 Ready for day	8:00 Ready for day	8:00 Ready for day	8:00 Ready for day
7:00-8:00 Prep time/shower Cleaning signup	7:00-8:00 Prep time/shower Meditation	7:00-8:00 Prep time/shower Meditation	7:00-8:00 Prep time/shower Meditation	7:00-8:00 Prep time/shower Meditation	7:00-8:00 Prep time/shower Meditation	7:00-8:00 Prep time/shower Meditation
8:00 Breakfast	8:00 Breakfast	8:00 Breakfast	8:00 Breakfast	8:00 Breakfast	8:00 Breakfast	8:00 Breakfast
8:30 Break	8:30 Break	8:30 Break	8:30 Break	8:30 Break	8:30 Break	8:30 Break
9:00-9:30 Community Mtg. (Pro staff)	9:00-9:45 Community Mtg. (Jen)	9:00-9:45 Community Mtg. (Pro Staff)	9:00-9:45 Community Mtg. (Rachel)	9:00-9:45 Community Mtg. (Brian)	9:00-9:45 Community Mtg. (Jen or Pro staff)	9:00-9:15 Community Mtg. (Pro. staff)
9:30-10 Clean Hous	10:00-12:00 Process Group (Katrina)	10:00-12:00 Marshall Center (Pro Staff)	10:00-12:00 Process Group (Ona)	10:00-12:00 Marshall Center (Pro Staff)	10:00-12:00 DBT (Jen/Ona)	9:30-11:30 Process Group (Ona)
10a-12:00p Family Visitation						
12:00- Lunch	12:00- Lunch	12:00- Lunch	12:00- Lunch	12:00- Lunch	12:00- Lunch	11:30- Lunch
12:30 Break	12:30 Break	12:30 Break	12:30 Break	12:30 Break	12:30 Break	11:30 Med pass
1:00-2:00 R&R, Self Care	1:00pm – 2:00pm Dr. Beavers 1:00-3:00 Creative Expression (Kym)	1:00pm – 2:00pm Dr. Beavers	1:00pm – 2:00pm Dr. Beavers	1:00pm – 2:00pm Dr. Beavers	1:00pm – 2:00pm Dr. Beavers	12:30-1:30pm Marshall Ctr. Swim
1:30-5:00 Out of House activity	3:00-4:00 Homework	1:00-2:00 R&R, Self Care	1:00-2:00 R&R, Self Care	1:00-1:30 R&R, Self Care	1:00-2:00 R&R, Self Care	1:00-1:30 R&R, Self Care
	4:00-5:00 Mental Health Grp (Daphne)	2:00-4:00 Gender Specific (Daphne/Maureen)	2:00-4:00 Education Group (Ona)	1:00-2:30 1 <sup>st</sup> Group - Intensive Art Ther. w/process 2 <sup>nd</sup> group -Homework	2:00-4:00 Process (Daphne)	2:00-4:00 Education Group (Ona)
		4:00-5:00 Yoga Full group	4:-4:30 Walk	4-4:30pm walk	4:-4:30 Walk	4:-4:30 Walk
			4-5:00pm FreeTime	4:00-5:00 Free time	4:-5:00 Free time	4:-5:00 Free time
5:00-5:30 Dinner	5:00-5:30 Dinner	5:00-5:30 Dinner	5:00-5:30 Dinner	5:00-5:30 Dinner	5:00-5:30 Dinner	5:00-5:30 Dinner (Pizza)
5:30-6:30 Break	5:30-6:00 Break	5:30 -6:30 Break	5:30-6:30 Break	5:45-7:15 2 <sup>nd</sup> group - Intensive Art Ther. w/process 1 <sup>st</sup> group –homework 7:30-8:30 Pg 112	5:30-6:00 Break	5:30-6:30 Break
6:30-8:30 AA Meeting Lighthouse or NA Panel	6:00-6:45 Female Art Hmwk	5:30-6:30 Break	5:30-6:30 Break		6:00-7:30 Education- Group	6:30-8:30 Game Night
	7:00-7:45 Male Art Hmwk (Kym both sessions)	6:30-8:30 Dietician (Shiela)	6:30-8:30 Family Education (Katrina)		7:30-8:30 Art Homework	
8:30-8:45 Break	7:45-8:45 Break	8:30-8:45 Break	8:30-8:45 Break	8:30-8:45 Break	8:30-8:45 Break	8:30-8:45 Break
8:45-9:15 Gratitude	8:45-9:15 Gratitude	8:45-9:15 Gratitude	8:45-9:15 Gratitude	8:45-9:15 Gratitude	8:45-9:15 Gratitude	8:45-9:15 Gratitude
10:00-11:00 Wind Down	10:00-11:00 Wind Down	10:00-11:00 Wind Down	10:00-11:00 Wind Down	10:00-11:00 Wind Down	10:00-11:00 Wind Down	10:00-11:00 Wind Down
11:00 Lights Out	11:00 Lights Out	11:00 Lights Out	11:00 Lights Out	11:00 Lights Out	11:00 Lights Out	11:00 Lights Out

**Ready for Day 8am**

Bed Made, Room Clean, and Day Clothes On (no pajamas)

**Med Pass Between**

7:00 – 7:30 am

1:00-2:00 pm

7:00-7:30pm/  
Sat.6:15-6:45pm

9:30-10:00pm

**Phone Times**

Mon

5:30-6:00

Tue

12:30p-2:00p

Wed, Thr, Fri,

Sat, Sun

4:00p-5:00p

Daily

9:15p-10:15p

**Computer Times**

Wed. & Fri.

4:00p-5:00p

Daily

9:15p-10:15p

Printed date

1/24/2011