

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM	Breakfast	Breakfast/ Morning Group	Breakfast/ Morning Group	Breakfast/ Morning Group	Breakfast/ Morning Group	Breakfast/ Morning Group	Breakfast
9:00 AM	Self-Reflection Group	Hygiene/ADLs	Hygiene/ADLs	Hygiene/ADLs	Hygiene/ADLs	Hygiene/ADLs	Self-Reflection Group
10:00 AM	Scenario Based	Music w. Meaning <i>MHW</i>	Exercise/walk <i>MHW</i>	Creative Expression <i>MHW</i>	Exercise/walk <i>MHW</i>	Emotional Literacy <i>MHW</i>	Scenario Based
11:00 AM		DBT Skills	Task Group <i>OT</i>	Yoga <i>OT</i>	Task Group <i>OT</i>	DBT Skills	
12:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 PM	Recreation	Mental Health Monday <i>AT</i>	Task Group <i>OT</i>	BioMed Education <i>Dr. B</i>	Open Studio <i>AT</i>	Incentive Day!	Recreation
2:00 PM		Mental Health Monday <i>OT</i>	PsychoPharm Ed. <i>Nursing</i>	Wellness Wednesday <i>AT</i>	Community Mtg/ Pizza <i>All staff</i>		
3:00 PM	Homework/ personal time	Mental Health Monday <i>SW</i>	Process c Ms. Liz	Wellness Wednesday <i>SW</i>	CBT <i>OCD/Anxiety Team</i>		Homework/ personal time
4:00 PM	Recreation	Exercise/walk <i>MHW</i>	Social Skills <i>MHW</i>	Exercise/walk <i>MHW</i>	Life Skills <i>MHW</i>		Recreation
5:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:30 PM	Arts/ Creative Expression	Academics	Academics	Academics	Academics	Movie Night	Activity night/ Games
7:30 PM	Group/ Prep for Week	Recreation	Recreation	Recreation	Recreation		
8:00 PM	Personal/ Free time	Personal/Free time	Personal/Free time	Personal/Free time	Personal/Free time	Personal/Free time	Personal/ Free time
9:00 PM	Hygiene/quiet time	Hygiene/quiet time	Hygiene/quiet time	Hygiene/quiet time	Hygiene/quiet time	Hygiene/quiet time	Hygiene/quiet time
10:00 PM	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out

***Group times subject to change**

***Visiting hours are flexible – to be coordinated with SW and treatment team**