

Sample Typical Schedule Subject to Change

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am	Wake-Up	Wake-Up	Wake-Up	Wake-Up	Wake-Up		
7:45am	Meds	Meds	Meds	Meds	Meds	Wake-Up/ Meds	
8:00am	Breakfast Group and clean up	Breakfast Group and clean up	Breakfast Group and clean up	Breakfast Group and clean up	Breakfast Group and clean up	Breakfast Group and clean up	Wake-Up/ Meds
9:00am	Individual Appointments / optional Dual Diagnosis Group	Individual Appointments / optional Dual Diagnosis Group	Individual Appointments / optional Dual Diagnosis Group	Individual Appointments / optional Dual Diagnosis Group	Equine Therapy & Process Group	Family Group 9:30-10:30 ↓	Breakfast Group and clean up
10:00am	Meditation Group	Meditation Group	Meditation Group	Meditation Group	↓	↓	Meditation Group
10:30am	To the Clinic	To the Clinic	To the Clinic	To the Clinic	↓	Farmers Market, Shopping, etc.	Free Time
11:00am	Timeline Group	Nutrition Group	DBT Group	Education Group	↓	↓	To the Clinic
11:50am	Break	Break	Break	Break	↓	↓	Family Group 11:30-1PM
12:00	Lunch Group	Mindful Eating Lunch Group	Lunch Group	Lunch Group	Lunch Group	Lunch at Rebecca's House	↓
12:30pm	Meditation And Guided Imagery	Meditation And Guided Imagery	Meditation And Guided Imagery	Meditation And Guided Imagery	Meditation And Guided Imagery	Life Skills Training / Outing	↓
1:00pm	Break	Break	Break	Break	Break	↓	Lunch at Rebecca's House
1:15pm	Experiential Group	Yoga	12-Step Study Group	Body Image Group	Art Therapy	↓	Free Time/ Visiting 1pm-5pm
2:30pm	Group Therapy Individual 1-1	Group Therapy Individual 1-1	Group Therapy Individual 1-1	Group Therapy Individual 1-1	Group Therapy Individual 1-1	↓	↓
4:00pm	Free Time	Dinner Prep	Free Time	Free Time	Free Time	↓	↓
5:00pm	Dinner Prep	Dinner	Dinner Prep	Dinner Prep	Dinner Prep	Dinner Prep.	Dinner Prep.
5:30pm	Dinner	Clean-Up	Dinner	Dinner	Dinner	Dinner	Dinner
6:00pm	Clean-Up	Women's AA Meeting	Clean-Up	Clean-Up	Clean-Up	Clean-Up	Clean-Up
7:00pm	OA Meeting	↓	Free Time	Alanon 12 Step	Speaker Meeting	Free Time	House Meeting
8:00pm	Homework Time	Homework Time	↓	↓	↓	12 Step Meeting	↓
8:30pm			↓	↓	↓	↓	
9:00pm	Relaxation Time					↓	Relaxation Time
10:00pm	Curfew	Curfew	Curfew	Curfew	Relaxation Time		Curfew
11:00pm	Lights Out	Lights Out	Lights Out	Lights Out	Curfew	Curfew	Lights Out
12:00am					Lights Out	Lights Out	