

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
6AM	Wake up, Medication, Breakfast, Chore	Wake up, Medication, Breakfast, Chore	Wake up, Medication, Breakfast, Chore	Wake up, Medication, Breakfast, Chore	Wake up, Medication, Breakfast, Chore	6AM		
8AM						8AM		
	Morning Meeting 8:30	Morning Meeting 8:30	Morning Meeting 8:30	Morning Meeting 8:30	Morning Meeting 8:30			
10AM	CURRENT EVENTS or DDx Programming 10:00-11:15	HOUSE RULES & ROUTINES 10:00-11:15	HIGH LEVEL WELLNESS 10:00-11:00	WHAT'S ON YOUR MIND or DDx Programming 10:00-11:15	CONNECTING THROUGH ART 10:00-11:15	10AM		
11AM						11AM		
12PM	ANGER MANAGEMENT 11:30-12:30	ADDICTIONS, TRIGGERS & PATTERNS 11:30-12:30	REFLECTIONS, MYTHS & FABLES OR WRITING IN STORY 11:30-12:30	SELF ESTEEM 11:30-12:30	RELATIONSHIP SKILLS 11:30-12:30	12PM		
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH			
1PM	EXPLORING RECREATIONAL OPPORTUNITIES 1:15-2:15	POETRY 1:00-2:15	EXPLORING YOUR WORLD THROUGH FILM 1:00-4:00	WALKING GROUP 1:00-2:00	VOCATIONAL 1:00-2:00	1PM		
2PM			or			2PM		
3PM	SOCIALIZATION 2:30-4:30	ART THERAPY 2:30-3:45	DDX GRIEVING LIFE'S LOSSES 2:30-4:15	DBT SKILLS-GRP 1 2:00-4:00	WRAP GROUP 2:00-4:00	DBT SKILLS-GRP 2 2:00-4:00	LIFE IS GOOD 2:00-4:00	3PM
4PM							4PM	
5PM	Dinner Prep 5:30	Dinner Prep 5:30	Dinner Prep 5:30	Dinner Prep 5:30	Dinner Prep 5:30	5PM		
6PM	Dinner/Chore 6:00	Dinner/Chore 6:00, DBT3 6:00-8:00	Dinner/Chore 6:00	Dinner/Chore 6:00	Dinner/Chore 6:00	6PM		
7PM	Free Time 7:30	Free Time 7:30	Free Time 7:30	Free Time 7:30	Free Time 7:30	7PM		