

Weekly Schedule Example Outline  
 \*subject to change without notice\*

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
7:00-9:00	Breakfast @ 8:30 Medications 7-9am <b>Clinical sessions are subject to be scheduled as early as 7:45am</b>	Breakfast @ 8:30 Medications 7-9am <b>Clinical sessions are subject to be scheduled as early as 7:45am</b>	Breakfast@ 8:30 Medications 7-9am <b>*No early clinical sessions*</b>	Breakfast @ 8:30 Medications 7-9am <b>Clinical sessions are subject to be scheduled as early as 7:45am</b>	Breakfast @ 8:30 Medications 7-9am <b>Clinical sessions are subject to be scheduled as early as 7:45am</b>	Breakfast @ 8:30 Medications 7-9am	Breakfast @ 8:30 Medications 7-9am Morning Hikes begin at 8am
9:00-1000	Psycho-Educational Group	Psycho-Educational Group	Psycho-Educational Group	Psycho-Educational Group	Psycho-Educational Group	Spirituality Group	Holistic/Free time
10:00-11:00	Psycho-Educational Group	Psycho-Educational Group	Psycho-Educational Group	Psycho-Educational Group	Psycho-Educational Group	Aftercare Group 10:30-12:00pm	Holistic/Free time Onsite Painting Class 10:30-12pm
11:00-12:00	Clinical session or Homework	Clinical session or Homework	Clinical session or Homework	Clinical session or Homework	Clinical session or Homework	Free Time	Holistic/Free Time Morning Hikes end at 12pm
12:00-1:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00-2:00	Process Group	Process Group	Process Group	Process Group	Process Group	Afternoon Hikes begin at 1pm	Holistic, free time, or Onsite Y12SR Meeting 1-3pm
2:00-3:00	Clinical session, holistic, homework, or exercise	Clinical session, holistic, homework, or exercise	Clinical session, holistic, homework, or exercise	Clinical session, holistic, homework, or exercise	Clinical session, holistic, homework, or exercise	Afternoon Hikes	Holistic/Free Time
3:00-5:45	Clinical session, holistic, homework, or exercise	Clinical session, Breath Work Group, holistic, homework, or exercise	Clinical session, holistic, homework, or exercise	Clinical session, Meditation Group, holistic, homework, or exercise	Clinical session, holistic, homework, or exercise	Afternoon Hikes end at 4pm	Holistic/Free Time
6:00-7:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:00-9:00	Online Community Meeting or Speaker Series	Online Community Meeting or Speaker Series	Online Community Meeting or Speaker Series	Online Community Meeting or Speaker Series	Online Community Meeting or Speaker Series	Addiction Movie	Complete post weekend checklist, Group Wrap Up
9:00-10:30	Free time/ Lights out	Free time/ Lights out	Weekend Prep Worksheet (30 mins) Free time/ Lights out	Free time/ Lights out	Free time/ Lights out	Free time/ Lights out	Free time/ Lights out

