HOPEWAY

RESIDENTIAL PROGRAM SCHEDULE - EXAMPLE							
TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15 AM 8:30 AM	Breakfast (8:15-9)	Breakfast (8:15-9)	Breakfast (8:15-9)	Breakfast (8:15-9)	Breakfast (8:15-9)	Breakfast (8:15-9)	Breakfast (8:15-9)
9:00 AM	See schedule on Residential unit	Goals Multipurpose Room (9-9:30)	Goals Multipurpose Room (9-9:30)	Goals Multipurpose Room (9-9:30)	Goals Multipurpose Room (9-9:30)	Goals Multipurpose Room (9-9:30)	Goals group (9- 9:30)
9:30 AM 10:00 AM		Horticulture Therapy Greenhouse (9:30-10:30)	Music Therapy Music Room in the gym (9:30-10:30)	CBT Rm #205 (9:30-1030)	Recreation Therapy Rm #206 (9:30-10:30)	Art Therapy Art room #202 (9:30-10:30)	Meds/ Free time Yoga (10-11)
10:30 AM 11:00 AM 11:30 AM		Addictive Behaviors Room #206 or Enrichment group Room #106 (10:30 – 11:45)	Art Therapy Room #202 (10:30 – 11:45)	Meditation MP room or Pet Rm #205 (10:30-11) Relapse Prevention Room #205 (11-11:45)	Nutritional Wellness Room #208 (10:30 – 11:45)	DBT Rm# 106 (10:30 – 11:45)	Therapy group or Integrative group (see posted schedule) (11-12)
12:00 PM 12:45 PM	Lunch (12 – 12:45)	Lunch (11:45– 1)	Lunch (11:45 – 1)	Lunch (11:45 – 1)	Lunch (11:45 – 1)	Lunch (11:45 – 1)	Lunch (12:00 – 12:45)
1:00 PM	See schedule on Residential unit	DBT Room #106 (1-2:15)	CBT Rm #203 (1-2)	Process group Rm #106 (1-2:15)	Process Room #205 (1-2)	Self-Awareness Rm #203 (1:30-3)	Therapy group or Integrative group (see posted schedule) (1-2)
2:00 PM			Coffee Break (2-2:15)		Coffee Break (2-2:15		See Residential
2:15 PM		Coffee Break (2:15- 2:30)	Recreational Therapy Room #205 (2:15-3)	Coffee Break (2:15- 2:30)	Health Promotion Room #206	Coffee Break (2:15- 2:30)	Unit Schedule
2:30 PM 3:00 PM		Nutrition Wellness Room #208	Healthy Relationships	Drumming in the Gym (2:30-4)	(2:15-3) Yoga	Open Art Room #202 or Open Mic	
3:30 PM		(2:30-4)	Room #203 (3-4)		Multipurpose room (3-4)	Multipurpose Rm (2:30-4)	
4:00 PM 4:30 PM		Physical Wellness (4:15-5:30)	Physical Wellness or Yoga (4:15-5:30)	Physical Wellness (4:15-5:30)	Physical Wellness or Gender & Sexuality Peer Support Group Room #201 (4:15-5:30)	Physical Wellness (4:15-5:30)	
5:45 PM	Dinner (5:30-6:30)	Dinner (5:30-6:30)	Dinner (5:30-6:30)	Dinner (5:30-6:30)	Dinner (5:30-6:30)	Dinner (5:30-6:30)	Dinner (5:30-6:30)
6:30 – 8:30 PM	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit	See schedule on Residential unit