

Sample Weekly Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
7:00a	Mindfulness					7:00a
8:00a	BREAKFAST					8:00a
9:00a	Acceptance and Commitment Therapy (ACT) Skills Group	ACT Consultation Group	Intentions & ACT Consultation Group	Intentions & Mindfulness Group	Intentions Group	9:00a
10:00a	Private Yoga (30min)		Individual Therapy			10:00a
10:30a					Wellness Check-in	10:30a
11:00a	Individual Therapy	Psychiatric Evaluation (60min)	Family Coaching	Medical Check-In (15min)	Family Coaching	11:00a
12:00p	LUNCH					12:00p
1:00p	Family Topics Group	Dialectical Behavior Therapy (DBT) Group	DBT Group	Self-Compassion Group	DBT Group	1:00p
2:00p	WELLNESS SERVICES	WELLNESS SERVICES	WELLNESS SERVICES	WELLNESS SERVICES	WELLNESS SERVICES	2:00p
3:00p	Individual wellness or rotating Fitness and Yoga Group offerings including Kickboxing, Circuit Training, T'ai Chi, Pilates			Individual Therapy		3:00p
4:00p						4:00p
5:00p	Tools for Change (TFC) Group	Art Therapy Group	TFC Group	Communication Group	Cognitive Behavioral Therapy (CBT) Group	5:00p
6:15p	DINNER					6:15p
7:00p	SELF-HELP MEETING			SELF-HELP MEETING		7:00p
8:00p	Bodywork			Acupuncture		8:00p

	SATURDAY	SUNDAY	
9:00a	BREAKFAST		9:00a
10:00a	GROUP FITNESS	Yoga Nidra	10:00a
11:00a	GROUP FITNESS	BRUNCH	11:00a
12:00p			12:00p
12:30p	BRUNCH		12:30p
1:00p	RECOVERY SPECIALIST ACTIVITIES		1:00p
2:00p	A selection of activities including hiking, outdoor mindfulness, self-care, movies, game night, crafts, lawn games.		2:30p
3:00p			2:30p
6:00p	DINNER	DINNER	6:00p
	Saturday	Sunday	