

## NorthStar Transitions Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8:00 AM</b>	Wake Up; Tidy Rooms	Wake Up; Tidy Rooms	Wake Up; Tidy Rooms	Wake Up; Tidy Rooms	Wake Up; Tidy Rooms	Wake Up; Tidy Rooms	<b>(8:30am)</b> Wake Up; Tidy Rooms
<b>8:30 AM</b>	Breakfast & Meds	Breakfast & Meds	Breakfast & Meds	Breakfast & Meds	Breakfast & Meds	Breakfast & Meds	<b>(9am)</b> Breakfast & Meds
<b>9:00 AM</b>	AM Therapy Group	AM Therapy Group	AM Therapy Group	AM Therapy Group	AM Therapy Group	AM Therapy Group	<b>(9:30am - 11am)</b> AM Therapy Group
<b>11:00 AM</b>	Movement Group	Movement Group	Movement Group	Movement Group	Movement Group	Movement Group	Deep Clean
<b>12:30 PM</b>	Lunch Group & Meds	Lunch Group & Meds	Lunch Group & Meds	Lunch Group & Meds	Lunch Group & Meds	Lunch Group & Meds	<b>(12:30pm - 2pm)</b> Clients - Lunch Group & Meds
<b>2:00 PM</b>	Afternoon Therapy Group	Afternoon Therapy Group	Afternoon Therapy Group	Afternoon Therapy Group	Afternoon Therapy Group	Afternoon Therapy Group	<b>(12:30pm - 2pm)</b> F. P. - Parents Only
<b>3:30 PM</b>	Room Time	Room Time	Room Time	Room Time	Room Time	Room Time	<b>(2pm - 3:30pm)</b> F.P. - Clients and Family combined
<b>4:30 PM</b>	Phone Time; Community Time; Individual Therapy	Community Time; Individual Therapy	Phone Time; Community Time; Individual Therapy	Community Time; Individual Therapy	Phone Time; Community Time; Individual Therapy	Community Time; Individual Therapy	<b>(3:30pm - 4:30pm)</b> F.P. Debrief Therapy Group <b>(5:00pm - 6:00pm)</b> Room Time; Individual Therapy
<b>6:30 PM</b>	Dinner & Meds; Daily Clean; 12 Step Meeting	Dinner & Meds; Daily Clean; 12 Step Meeting	Dinner & Meds; Daily Clean; 12 Step Meeting	Dinner & Meds; Daily Clean; 12 Step Meeting	Dinner & Meds; Daily Clean; 12 Step Meeting	Dinner & Meds; Daily Clean; 12 Step Meeting	<b>(6:00pm - 8:30pm)</b> Dinner; Meds; Community Time
<b>8:30 PM</b>	Closing Group	Closing Group	Closing Group	Closing Group	Closing Group	Closing Group	Closing Group
<b>9:30 PM</b>	Community Time & Meds	Community Time & Meds	Community Time & Meds	Community Time & Meds	Community Time & Meds	Community Time & Meds	Community Time & Meds
<b>10:30PM</b>	Low Light	Low Light	Low Light	Low Light	Low Light		Low Light
<b>11:00 PM</b>	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Low Light	Lights Out

\*COFFEE: Wake up till 1 PM

\*PHONE TIME: Monday, Wednesday, Friday from 4:30 PM - 7:30 PM

\*TV TIME: Monday - Friday: Wake up - 9 AM \*NEWS Only\*, 6PM - 10:30PM; Saturday: Wake up - 11 PM; Sunday: Wake up - 10:30PM

\*SMOKING TIMES MON - SAT: 8AM - 8:30 AM, 1PM - 1:30PM, 4:30PM - 5PM, 9PM - 9:30PM & at outside meetings

\*SMOKING TIMES SUNDAY: 8:30AM - 9AM, 1PM - 1:30PM, 6PM - 6:30PM, 9PM - 9:30PM

Edited 8/14/19