

Women's Residential Program Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|--|---|---|--|---|--|--|
| 8:00 AM | Wake Up; Tidy Rooms | Wake Up; Tidy Rooms | Wake Up; Tidy Rooms | Wake Up; Tidy Rooms | Wake Up; Tidy Rooms | Wake Up; Tidy Rooms | (8:30am) Wake Up; Tidy Rooms |
| 8:30 AM | Breakfast & Meds | Breakfast & Meds | Breakfast & Meds | Breakfast & Meds | Breakfast & Meds | Breakfast & Meds | (9am) Breakfast & Meds |
| 9:00 AM | AM Therapy Group | AM Therapy Group | AM Therapy Group | AM Therapy Group | AM Therapy Group | AM Therapy Group | (9:30am - 11am) AM Therapy Group |
| 11:00 AM | Lunch Group | Lunch Group & Meds | Lunch Group | Lunch Group | Lunch Group | Lunch Group & Meds | Deep Clean |
| 12:30 PM | Movement Group | Activity | Movement Group | Movement Group | Movement Group | Activity | (12:30pm - 2pm) Clients - Lunch Group |
| 1:30PM | Meds | Activity | Meds | Meds | Meds | Activity | Meds |
| 2:00 PM | Afternoon Therapy Group | Activity | Afternoon Therapy Group | Afternoon Therapy Group | Afternoon Therapy Group | Activity | (12:30pm - 2pm) F. P. - Parents Only |
| 3:30 PM | Room Time | Activity | Room Time | Room Time | Room Time | Activity | (2pm - 3:30pm) F.P. - Clients and Family combined |
| 4:30 PM | Phone Time; Community Time; Individual Therapy | Activity | Phone Time; Community Time; Individual Therapy | Community Time; Individual Therapy | Phone Time; Community Time; Individual Therapy | Activity | (3:30pm - 4:30pm) F.P. Debrief Therapy Group (5:00pm - 6:00pm) Room Time; Individual Therapy |
| 6:30 PM | Dinner & Meds; Daily Clean; Recovery Group | Dinner & Meds; Daily Clean; Recovery Group | Dinner & Meds; Daily Clean; Recovery Group | Dinner & Meds; Daily Clean; Recovery Group | Dinner & Meds; Daily Clean; Recovery Group | Dinner & Meds; Daily Clean; Recovery Group | (6:00pm - 8:30pm) Dinner; Meds; Community Time |
| 8:30 PM | Closing Group | Closing Group | Closing Group | Closing Group | Closing Group | Closing Group | Closing Group |
| 9:30 PM | Community Time & Meds | Community Time & Meds | Community Time & Meds | Community Time & Meds | Community Time & Meds | Community Time & Meds | Community Time & Meds |
| 10:30PM | Low Light | Low Light | Low Light | Low Light | Low Light | | Low Light |
| 11:00 PM | Lights Out | Lights Out | Lights Out | Lights Out | Lights Out | Low Light | Lights Out |