

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM	9:00 AM	9:00 AM	9:00 AM	9:00 AM
CHECK IN	CHECK IN	CHECK IN	CHECK IN	CHECK IN
9:30 AM	9:30 AM	9:30 AM	9:30 AM	9:30 AM
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
10:00 AM	10:00 AM	10:00 AM	10:00 AM	10:00 AM
INTENTIONS GROUP	INTENTIONS GROUP	INTENTIONS GROUP	INTENTIONS GROUP	INTENTIONS GROUP
10:30 AM	10:30 AM	10:30 AM	10:30 AM	10:30 AM
NUTRITION EDUCATION	GROUP THERAPY	GROCERY SHOPPING & MINDFULNESS	GROUP THERAPY	COOKING EXPERIENTIAL
12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00 PM	1:00 PM	1:00 PM	1:00 PM	1:00 PM
INDIVIDUAL SESSIONS	INDIVIDUAL SESSIONS	INDIVIDUAL SESSIONS	INDIVIDUAL SESSIONS	INDIVIDUAL SESSIONS
2:00 PM	2:00 PM	2:00 PM	2:00 PM	2:00 PM
PROCESS GROUP	PROCESS GROUP	PROCESS GROUP	PROCESS GROUP	PROCESS GROUP
3:00 PM	3:00 PM	3:00 PM	3:00 PM	3:00 PM
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
3:30 PM	3:30 PM	3:30 PM	3:30 PM	3:30 PM
COPING SKILLS	COPING SKILLS	COPING SKILLS	COPING SKILLS	COPING SKILLS
4:00 PM	4:00 PM	4:00 PM	4:00 PM	4:00 PM
PSYCHOEDUCATION	ART THERAPY	THERAPEUTIC OUTING	ART THERAPY	WEEKEND PREPARATION & PLANNING
5:00 PM	5:00 PM		5:00 PM	5:00 PM
YOGA/MEDITATION	YOGA/MEDITATION		YOGA/MEDITATION	YOGA/MEDITATION
5:30 PM	5:30 PM	5:30 PM	5:30 PM	5:30 PM
DINNER	DINNER	DINNER	DINNER	DINNER
6:30 PM	6:30 PM	6:30 PM	6:30 PM	6:30 PM
WRAP UP GROUP	WRAP UP GROUP	WRAP UP GROUP	WRAP UP GROUP	WRAP UP GROUP
7:00 PM	7:00 PM	7:00 PM	7:00 PM	7:00 PM
CHECK OUT	CHECK OUT	CHECK OUT	CHECK OUT	CHECK OUT