

Daily Group Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am-8am	Wake up/Shower	Wake Up / Shower	Wake Up / Shower	Wake Up / Shower	Wake Up / Shower	Wake Up / Shower	Wake Up / Shower
8am-9am Nursing	Breakfast Current Events Daily Goals	Breakfast Current Events Daily Goals	Breakfast Current Events Daily Goals	Breakfast Current Events Daily Goals	Breakfast Current Events Daily Goals	Breakfast Current Events Daily Goals	Breakfast Current Events Daily Goals
9:15am-10am Rec Therapist	Recreational Therapy	Recreational Therapy	Recreational Therapy	Recreational Therapy	Recreational Therapy	Recreational Therapy	Recreational Therapy
10am-10:15am	Snack / Break	Snack / Break	Snack / Break	Snack / Break	Snack / Break	Snack / Break	Snack / Break
10:15am-11am Social Services	Psycho-education	Psycho-education	Advance Directives	Psycho-education	Psycho-education	Psycho-education	Psycho-education
11:15am-12:00 Social Services	The Thought/Feeling Connection	Unhelpful Thinking Styles	Challenging Negative thoughts	Discharge Planning	Process/Self esteem	Psycho-education	Psycho-education
12pm-1pm Nutrition Services	Lunch Menus & Nutrition	Lunch Menus & Nutrition	Lunch Menus & Nutrition	Lunch Menus & Nutrition	Lunch Menus & Nutrition	Lunch Menus	Lunch Menus
1:15-2pm Rec Therapist	Recreational Group	Recreational Group	Recreational Group	Recreational Group	Recreational Group	Recreational Group	Recreational Group
2pm-2:45pm Nursing	Medication & Depression	Mood Disorders & Medication	Anxiety Disorders & Medication	Anxiety Disorders & Medication	Break/Snack/ Phone Time (10 min call per patient)		
2:45pm-3pm	Break / Snack	Break / Snack	Break / Snack	Break / Snack			
3pm-3:45pm Substance Abuse	Substance Abuse	Substance Abuse	Substance Abuse	Substance Abuse	Behavior Disorder & Medication	Sleep Disturbance & Treatment	Understanding Your Body
3:45-5pm	Free Time	Free Time	Free Time	Free Time	Free Time		
5pm-6pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6pm-7pm	TV Time	TV Time	TV Time	TV Time	TV Time	TV Time	TV Time
7pm-7:30pm Nursing	Daily Goals	Daily Goals	Daily Goals	Daily Goals	Daily Goals	Daily Goals	Daily Goals
7:30pm-9pm	Break/Snack/ Phone Time (10 min call per patient)						
9:30pm	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime