

Sample Schedule

HOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30-7:00	Wake up	Wake up	Wake Up	Wake Up	Wake Up
7:00-7:45	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
7:45-8:00	Morning Goals Group	Morning Goals Group	Morning Goals Group	Morning Goals Group	Morning Goals Group
8:00 - 11:00	School	School	School	School	School
11:00-11:30	Lunch	Lunch	Lunch	Lunch	Lunch
11:30-2:30	School	School	School	School	School
2:30 - 3:30	Group Therapy	Group Therapy	Group Therapy	Group Therapy	Group Therapy
3:30 – 4:00	Point Eval, Hygiene, Transition	Point Eval, Hygiene, Transition	Point Eval, Hygiene, Transition	Point Eval, Hygiene, Transition	Point Eval, Hygiene, Transition
4:00 – 4:45	Recreation Activity Group	Recreation Activity Group	Recreation Activity Group	Recreation Activity Group	Recreation Activity Group
4:45-5:00	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene
5:00-5:45	Dinner	Dinner	Dinner	Dinner	Dinner
5:45-6:00	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene
6:00-6:45	Anger Management Group	Coping Skills Group	Self-Esteem Group	Relationship Skills Group	Life Skills Group
6:45-7:00	Hygiene, Point Eval	Hygiene, Point Eval	Hygiene, Point Eval	Hygiene, Point Eval	Hygiene, Point Eval
7:00-8:00	Current Events/ Shower	Arts/Crafts/ Shower	Current Events/Shower	Music Appreciation/ Shower	Current Events/Shower
8:00-9:00	Homework/ Personal Time	Homework/ Personal Time	Homework/ Personal Time	Homework/ Personal Time	Homework/ Personal Time
9:00PM	Light's Out	Light's Out	Light's Out	Light's Out	Light's Out