



# Sample Schedule

<b>6:00 am</b> Wake up/Hygiene/ Make beds	<b>6:30 am</b> Medications	<b>7:00 am</b> Breakfast	<b>8:15 am</b> Fresh Air Break	<b>8:45 am</b> Community Group
<b>5-minute break</b>	<b>9:30 pm</b> Core: Stress and Emotional Well-Being	<b>10-minute break</b>	<b>11:00 am</b> Yoga/Mindfulness Walk	<b>12:00 pm</b> Lunch
<b>12:30 pm</b> Medications	<b>12:45 pm</b> Fresh Air Break	<b>1:00 pm</b> Therapeutic Time	<b>2:00 pm</b> Snack	<b>2:20 pm</b> Men and Women's Group
<b>3:15 PM</b> Fresh Air Break	<b>3:30 pm</b> COD: What Are Co-Occurring Disorders	<b>30-minute break</b>	<b>5:00 pm</b> Dinner	<b>5:30 pm</b> Medications
<b>6:00 PM</b> Fresh Air Break	<b>6:00 pm</b> Structured Rec	<b>15-minute break</b>	<b>7:00 PM</b> Movie Night	<b>8:00 pm</b> Snack
<b>8:00 pm</b> Fresh Air Break	<b>8:30 PM</b> Wrap-Up Group	<b>9:00 pm</b> Medications	<b>9:45 PM</b> Fresh Air Break	<b>10:30 pm</b> Lights Out