

WEEKDAY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am	Morning routine / Hygiene / Breakfast	Morning routine / Hygiene / Breakfast	Morning routine / Hygiene / Breakfast	Morning routine / Hygiene / Breakfast	Morning routine / Hygiene / Breakfast
9:00am	Education*	Education*	Education*	Education*	Education*
9:45am	BREAK	BREAK	BREAK	BREAK	BREAK
10:00am	AM Physical Activity	AM Physical Activity	AM Physical Activity	AM Physical Activity	AM Physical Activity
10:30am	Group Therapy	Group Therapy	Group Therapy	Group Therapy	Group Therapy
12:00pm	Lunch	Lunch	Lunch	Lunch	Lunch
1:00pm	Education*	Education*	Education*	Education*	Education*
2:00pm	BREAK	BREAK	BREAK	BREAK	BREAK
2:15pm	Care planning / Counselling / Wellness Activity	Afternoon group**	Care planning / Counselling / Wellness Activity	Afternoon group**	Care planning / Counselling / Wellness Activity
3:15pm	PM Physical Activity	PM Physical Activity	PM Physical Activity	PM Physical Activity	PM Physical Activity
4:45pm	BREAK	BREAK	BREAK	BREAK	BREAK
5:00pm	Daily chore	Daily chore	Daily chore	Daily Chore	Daily Chore
5:30pm	Dinner	Dinner	Dinner	Dinner	Dinner
6:30pm	Free time / Phone calls / Visitors	Free time / Phone calls /Visitors	Free time / Phone calls /Visitors	Free time / Phone calls /Visitors	Free time / Phone calls /Visitors
10:30pm	Quiet time	Quiet time	Quiet time	Quiet time	Quiet time
11:00pm	Lights out	Lights out	Lights out	Lights out	Lights out

*Education block-includes school/vocational/life skills

**see Afternoon group schedule for details

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