

# RESIDENTIAL PROGRAMMING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Vitals	Vitals	Vitals	Vitals	Vitals	Vitals	Vitals
6:30am	6-7am	6-7am	6-7am	6-7am	6-7am	6-7am	6-7am
7:00am							
7:30am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:00am							
8:30am							
9:00am	Setting Intentions	Meditation	Yoga	Cooking Skills	Community Group		
9:30am	w/Dana	w/Dana	w/Dana	w/Chef Lisa	w/Brittney & Saniya		
10:00am	Snack	Snack	Snack	Snack	Snack	Snack	Snack
10:30am	CORE Group	CORE Nutrition	Nursing Group	IFS Education/Process	Patterns Systems	Experiential Group	Experiential
11:00am	w/Emma, Molly, Dana,	Group	w/Nurse Courtney	Group	Group	w/Therapist On-Call	Mind/Body
11:30am	Shaun & Amanda	w/Shaun	Weekly Dr. Saini Visits	w/Molly	w/Emma		w/Dana
12:00pm	Pre Meal Processing	Pre Meal Processing	Pre Meal Processing	Pre Meal Processing	Pre Meal Processing	Pre Meal Processing	Pre Meal Processing
12:15pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:45pm	Post Meal Process	Post Meal Process	Post Meal Process	Post Meal Process	Post Meal Process	Post Meal Process	Post Meal Process
1:00pm	Self-Care/	Self-Care/	Self-Care/	Self-Care/	Self-Care/	Coffee time 1:15	
1:30pm	Therapeutic Homework	Therapeutic Homework	Therapeutic Homework	Therapeutic Homework	Therapeutic Homework	Poetry & Narrative Arts	
2:00pm	Restorative Yoga	DBT Group	Mentalization Group	TRM Group	Nutrition Group	w/ Dana	Group Outing/Inning
2:30pm	w/Dana	w/Angelina	w/Angelina	w/Angelina	w/Amanda		
3:00pm	Snack	Snack	Snack	Snack	Snack	Snack 2:45-3:00	
3:30pm	IFS Experiential	ZOOM Body Image	Attachment	Expressive Arts	Compassion Focused	Equine Therapy	
4:00pm	Group	Group	Group	Group	Therapy Group	at Trinity Farms	
4:30pm	w/Emma	w/Natalie	w/Molly	w/Emma	w/Molly	w/ Dana	
5:00pm							
5:30pm							
5:45pm	Pre Process	Pre Process	Pre Process	Pre Process	Pre Process	Pre Process	Pre Process
6:00pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:30pm	Post Meal Process	Post Meal Process	Post Meal Process	Post Meal Process	Post Meal Process	Post Meal Process	Post Meal Process
6:45pm							
7:00pm							
7:30pm							
8:00pm							
8:30pm	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack
9:00pm							