

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 w/Chef	Community Group		
9:30am							
10:00am	Snack	Snack	Snack	Snack	Snack	Snack	Snack
10:30am	CORE Group	CORE Nutrition Group	Nursing Group	IFS Education/Process Group	Patterns Systems Group	Experiential Group	Experiential Mind/Body
11:00am							
11:30am			Weekly Dr. Saini Visits				
11:45am	Pre Meal Processing Lunch	Pre Meal Processing Lunch	Pre Meal Processing Lunch	Pre Meal Processing Lunch	Pre Meal Processing Lunch	Pre Meal Processing Lunch	Pre Meal Processing Lunch
12:00pm							
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/Therapeutic Homework	Self-Care/Therapeutic Homework	Self-Care/Therapeutic Homework	Self-Care/Therapeutic Homework	Self-Care/Therapeutic Homework	Coffee time 1:15	
1:30pm						Poetry & Narrative Arts	
2:00pm	Restorative Yoga	DBT Group	Mentalization Group	TRM Group	Nutrition Group		Group Outing/Inning
2:30pm							
3:00pm	Snack	Snack	Snack	Snack	Snack	Snack 2:45-3:00	
3:30pm							
4:00pm	Body Image Group	IFS Experiential Group	Attachment Group	Expressive Arts Group	Compassion Focused Therapy Group	Equine Therapy at Trinity Farms	
4:30pm							
5:00pm							
5:30pm							
5:45pm	Pre Process Dinner	Pre Process Dinner	Pre Process Dinner	Pre Process Dinner	Pre Process Dinner	Pre Process Dinner	Pre Process Dinner
6:00pm							
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							