Center for Behavioral Health Daily Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:00 Wake Up/Hygiene	6:30-7:00 Wake Up/Hygiene	6:30-7:00 Wake Up/Hygiene	6:30-7:00 Wake Up/Hygiene	6:30-7:00 Wake Up/Hygiene	6:30-7:00 Wake Up/Hygiene	6:30-7:00 Wake Up/Hygiene
8:00 Breakfast/Community Meeting	8:00 Breakfast/Community Meeting	8:00 Breakfast/Community Meeting	8:00 Breakfast/Community Meeting	8:00 Breakfast/Community Meeting	8:00 Breakfast/Community Meeting	8:00 Breakfast/Community Meeting
9:30 Exercise/Patio	9:30 Exercise/Patio	9:30 Exercise/Patio	9:30 Exercise/Patio	9:30 Exercise/Patio	9:30 Exercise/Patio	9:30 Exercise/Patio
10:00-11:00 Visiting Hours	10:00-11:00 Visiting Hours	10:00-11:00 Visiting Hours	10:00-11:00 Visiting Hours	10:00-11:00 Visiting Hours	10:00-11:00 Visiting Hours	10:00-11:00 Visiting Hours
11:00-12:00 Process Group	11:00-12:00 Process Group	11:00-12:00 Process Group	11:00-12:00 Process Group	11:00-12:00 Process Group	11:00-12:00 Process Group	11:00-12:00 Process Group
12:00 Recreation/Leisure Activity	12:00 Recreation/Leisure Activity	12:00 Recreation/Leisure Activity	12:00 Recreation/Leisure Activity	12:00 Recreation/Leisure Activity	12:00 Recreation/Leisure Activity	12:00 Recreation/Leisure Activity
1:00 Lunch	1:00 Lunch	1:00 Lunch	1:00 Lunch	1:00 Lunch	1:00 Lunch	1:00 Lunch
2:00 Art Therapy	2:00 Art Therapy	2:00 Art Therapy	2:00 Art Therapy	2:00 Nutrition Education	2:00 Movie	2:00 Movie
3:30 Social Skills/Nursing Group	3:30 Social Skills/Nursing Group	3:30 Social Skills/Nursing Group	3:30 Social Skills/Nursing Group	3:30 Social Skills/Nursing Group	3:30 Social Skills/Nursing Group	3:30 Social Skills/Nursing Group
6:00 Dinner	6:00 Dinner	6:00 Dinner	6:00 Dinner	6:00 Dinner	6:00 Dinner	6:00 Dinner
8:00 Wrap-Up Group	8:00 Wrap-Up Group	8:00 Wrap-Up Group	8:00 Wrap-Up Group	8:00 Wrap-Up Group	8:00 Wrap-Up Group	8:00 Wrap-Up Group
10:00 pm Lights Out	10:00 pm Lights Out	10:00 pm Lights Out	10:00 pm Lights Out	10:00 pm Lights Out	10:00 pm Lights Out	10:00 pm Lights Out