

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
6AM	Wake up, Medication, Breakfast, Chore	Wake up, Medication, Breakfast, Chore	Wake up, Medication, Breakfast, Chore	Wake up, Medication, Breakfast, Chore	Wake up, Medication, Breakfast, Chore	6AM		
8AM						8AM		
	Morning Meeting 8:30	Morning Meeting 8:30	Morning Meeting 8:30	Morning Meeting 8:30	Morning Meeting 8:30			
10AM	EXPRESSIVE BOOKMAKING 10:00-11:15	ACCEPTANCE AND COMMITMENT THERAPY 10:00-11:15	WALKING GROUP 10:00-11:15	VOCATIONAL EXPLORATION & LIFE SKILLS TRAINING 10:00-11:15am	HOUSE RULES & ROUTINES 10:00-11:15	CURRENT EVENTS 10:00-11:15	10AM	
11AM							11AM	
	ANGER MANAGEMENT 11:30-12:30	APPRECIATING MUSIC 11:30-12:30	THE ART OF COMMUNICATION 11:30-12:30	SELF ESTEEM 11:30-12:30	TEAM BUILDING & LEADERSHIP SKILLS 11:30-12:30			
12PM							12PM	
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH			
1PM	ADDICTIONS, TRIGGERS & PATTERNS 1:00-2:15	POETRY 1:00-2:15	EXPLORING YOUR WORLD THROUGH FILM 1:00-3:00	RELATIONSHIP SKILLS 1:00-2:00		EXPLORING SANTA BARBARA 1:30-3:50	WOMEN'S GROUP 2:30-4:00	1PM
2PM				DBT SKILLS-GRP 1 2:00-4:00	EXPLORING SANTA BARBARA 2:00-3:50			
3PM	MINDFULNESS BASED STRESS REDUCTION 2:30-4:15	ART THERAPY 2:30-3:45	A MINDFUL APPROACH TO HEALTHY EATING 3:00pm-4:30pm					
4PM								4PM
		DBT SKILLS 2 4:00-6:00						
5PM	Dinner Prep 5:30	Dinner Prep 5:30	Dinner Prep 5:30	Dinner Prep 5:30	Dinner Prep 5:30	Dinner Prep 5:30	5PM	
6PM	Dinner/Chore 6:00	Dinner/Chore 6:00, DBT3 6:00-8:00	Dinner/Chore 6:00	Dinner/Chore 6:00	Dinner/Chore 6:00	Dinner/Chore 6:00	6PM	
7PM	Free Time 7:30	Free Time 7:30	Free Time 7:30	Free Time 7:30	Free Time 7:30	Free Time 7:30	7PM	