



# SAMPLE Weekly Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:45 am							
8 – 8:45 am	SMART	SMART	<b>Community</b>	SMART	SMART		
9 – 11:30 am	Group Therapy or Individ. Appts.	Group Therapy or Individ. Appts.	Group Therapy or Individ. Appts.	Group Therapy or Individ. Appts.	Group Therapy or Individ. Appts.	Hellos & Goodbyes	Outing
11:30 – 12:30 pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:30 – 2:30 pm	Workshop	Workshop	Workshop	Workshop	Workshop	Meditation	Dharma Recovery
2 – 4:30 pm	Individual Appts	Individual Appts. Transitions/ Trauma Group	Individual Appts. Group Hypnotherapy	Individual Appts.	Individual Appts. Qi Gong		
3:30 or later	Outing	Outing	Outing	Outing	Outing	Outing	Hatha Yoga
5 – 6 pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6 – 8 pm	Drumming	Hatha Yoga	SMART	Art Expressions	Dharma Recovery		Art Expressions

**Disclaimer:** This is an example of programming and does not reflect current weekly schedule. Program offerings and staff are subject to change without prior notice.

*All clients attend workshops and community. Transitions for specific clients only.*

*Outing times will vary depending on activity. Outings will be displayed on notice board and signs each week.*

*Weekend schedule times vary from weekday.*