

BREAKTHROUGH RECOVERY OUTREACH

Journey Toward Psychological Wellness Program

Daily Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 AM	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up		
8:00 AM	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene		
8:30 AM	Breakfast/Meds	Breakfast/Meds	Breakfast/Meds	Breakfast/Meds	Breakfast/Meds	Wake Up	Wake Up
9:00 AM	CASE MNGER	PSYCH EDU		PSYCH EDU	PSYCH EDU	Hygiene	Hygiene
9:30 AM	CASE MNGER	PSYCH EDU		PSYCH EDU	PSYCH EDU	Breakfast/Meds	Breakfast/Meds
10:00 AM	Health/Fitness	PROCESS GRP	Health/Fitness	PROCESS GRP	PROCESS GRP	Chores	Chores
10:30 AM	Health/Fitness	PROCESS GRP	Health/Fitness	PROCESS GRP	PROCESS GRP	Chores	Chores
11:00 AM	Health/Fitness	ADAPTIVE LIV	Health/Fitness	ADAPTIVE LIV	ADAPTIVE LIV		Church/Spirituality
11:30 AM	Health/Fitness	ADAPTIVE LIV	Health/Fitness	ADAPTIVE LIV	ADAPTIVE LIV		Church/Spirituality
12:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:30PM							
1:00 PM	XPRSVE THRPY	MED MANGMT	Grocery Store	WELL BEING	WELL BEING	Health/Fitness	Meditation
1:30 PM	2 nd /4 th MONDAY		Grocery Store	WELL BEING	WELL BEING	Health/Fitness	Meditation
2:00 PM						Health/Fitness	
2:30 PM	Personal Planning		Personal Planning			Health/Fitness	Personal Planning
3:00 PM	Personal Planning	Homework	Personal Planning	Homework	Homework	Homework	Personal Planning
3:30 PM	Personal Planning	Homework	Personal Planning	Homework	Homework	Homework	Personal Planning
4:00 PM	Personal Planning		Personal Planning				Personal Planning
4:30 PM							
5:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:30 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00 PM	COMM MTNG						
6:30 PM							
7:00 PM	FAMILY THRPY	SUPPORT GRP	FAMILY NIGHT/	SUPPORT GRP	SUPPORT GRP	SUPPORT GRP	SUPPORT GRP
7:30 PM	/SUPPORT GRP	SUPPORT GRP	SUPPORT GRP	SUPPORT GRP	SUPPORT GRP	SUPPORT GRP	SUPPORT GRP
8:00 PM							
8:30 PM	WRAP UP	WRAP UP	WRAP UP	WRAP UP	WRAP UP		
9:00 PM	Chores	Chores	Chores	Chores			
9:30 PM	Hygiene/Meds	Hygiene/Meds	Hygiene/Meds	Hygiene/Meds	Meditation	Meditation	Hygiene/Meds
10:00 PM	Curfew	Curfew	Curfew	Curfew	Meditation	Meditation	Curfew
10:30 PM	Lights Out	Lights Out	Lights Out	Lights Out	Hygiene/Meds	Hygiene/Meds	Lights Out
11:00 PM					Curfew	Curfew	
12:00 AM					Lights Out	Lights Out	