UNIT B SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00–8:00AM	Personal Care and Vitals	Personal Care and Vitals	Personal Care and Vitals	Personal Care and Vitals	Personal Care and Vitals	Personal Care and Vitals	Personal Care and Vitals
6:45–7:00AM	Outdoor Patio	Outdoor Patio	Outdoor Patio	Outdoor Patio	Outdoor Patio	Outdoor Patio	Outdoor Patio
7:30–7:30AM	Morning Current Events	Morning Current Events	Morning Current Events	Morning Current Events	Morning Current Events	Morning Current Events	Morning Current Events
7:30–8:00AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:00–9:00AM	Community Meeting/ Goals Group	Community Meeting/ Goals Group	Community Meeting/ Goals Group	Community Meeting/ Goals Group	Community Meeting/ Goals Group	Community Meeting/ Goals Group	Community Meeting/ Goals Group
9:00–9:15AM	Outdoor Patio	Outdoor Patio	Outdoor Patio	Outdoor Patio	Outdoor Patio	Outdoor Patio	Outdoor Patio
9:15–10:15AM	Recreation Therapy Group/ Art Expression	Recreation Therapy Group/ Physical Wellness	Recreation Therapy Group/ Coping Skills	Recreation Therapy Group/ Music Therapy	Recreation Therapy Group/ Team Building	Recreation Therapy Group/ Stress Management	Recreation Therapy Group/ Leisure Awareness
10:15–10:25AM	UNIT Break	UNIT Break	UNIT Break	UNIT Break	UNIT Break	UNIT Break	UNIT Break
10:25–11:25AM	Process Group	Process Group	Process Group	Process Group	Process Group	Process Group	Process Group
11:20–11:30PM	UNIT Relaxation	UNIT Relaxation	UNIT Relaxation	UNIT Relaxation	UNIT Relaxation	UNIT Relaxation	UNIT Relaxation
11:30–12:00PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:00–12:15PM	Outdoor Patio	Outdoor Patio	Outdoor Patio	Outdoor Patio	Outdoor Patio	Outdoor Patio	Outdoor Patio
12:15–1:15PM	Substance Abuse Group	Substance Abuse Group	Substance Abuse Group	Substance Abuse Group	Substance Abuse Group	Substance Abuse Group	Substance Abuse Group
1:15–1:30PM	UNIT Relaxation	UNIT Relaxation	UNIT Relaxation	UNIT Relaxation	UNIT Relaxation	UNIT Relaxation	UNIT Relaxation
1:30–2:30PM	MHT Wellness Group	MHT Wellness Group	MHT Wellness Group	MHT Wellness Group	MHT Wellness Group	MHT Wellness Group	MHT Wellness Group
2:30–3:00PM	Educational Videos/Outdoor Meditation	Educational Videos/Outdoor Meditation	Educational Videos/Outdoor Meditation	Educational Videos/Outdoor Meditation	Educational Videos/Outdoor Meditation	Educational Videos/Outdoor Meditation	Educational Videos/Outdoor Meditation
3:00–4:00PM	Visitation	Self-Directed Relaxation	Self-Directed Relaxation	Self-Directed Relaxation	Self-Directed Relaxation	Self-Directed Relaxation	Self-Directed Relaxation
4:00–4:15PM	Outdoor Patio	Outdoor Patio	Outdoor Patio	Outdoor Patio	Outdoor Patio	Outdoor Patio	Outdoor Patio
4:15–4:40PM	Peer Reflections or Independent Activities	Peer Reflections or Independent Activities	Peer Reflections or Independent Activities	Peer Reflections or Independent Activities	Peer Reflections or Independent Activities	Peer Reflections or Independent Activities	Peer Reflections or Independent Activities
4:45–5:15PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:35–6:00PM	Courtyard Relaxation	Courtyard Relaxation	Courtyard Relaxation	Courtyard Relaxation	Courtyard Relaxation	Courtyard Relaxation	Courtyard Relaxation
6:00–6:15PM	Outdoor Patio	Outdoor Patio	Outdoor Patio	Outdoor Patio	Outdoor Patio	Outdoor Patio	Outdoor Patio
6:15–7:30PM	Journaling and Music Relaxation	Journaling and Music Relaxation	Journaling and Music Relaxation	Journaling and Music Relaxation	Journaling and Music Relaxation	Journaling and Music Relaxation	Journaling and Music Relaxation
7:30–8:30PM	Support Group Meetings	Support Group Meetings	Support Group Meetings	Visitation	Support Group Meetings	Support Group Meetings	Support Group Meetings
8:30–9:15PM	Nursing/ Meditation Group	Goals Recap MHT	Goals Recap MHT	Goals Recap MHT	Goals Recap MHT	Goals Recap MHT	Goals Recap MHT
9:15–9:30PM	Outdoor Patio	Outdoor Patio	Outdoor Patio	Outdoor Patio	Outdoor Patio	Outdoor Patio	Outdoor Patio
9:30–11:00PM	TV Time	TV Time	TV Time	TV Time	TV Time	Movie & Popcorn	TV Time
11:00PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out