

INSPIRATIONS SCHEDULE

4/9/2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am	Wake up Breakfast	Wake up Breakfast	Wake up Breakfast	Wake up Breakfast	Wake up Breakfast	9am Wake Up Meds and Breakfast.	9am Wake Up Meds and Breakfast
8:30-9:00	Community Meeting and Goals	Community Meeting and Goals	Community Meeting and Goals	Community Meeting and Goals	Community Meeting and Goals		
9:00- 10am	12 Step Education Marc	Relapse Prevention Marc	Coping Skills With Rose	Physiological aspects of healthy living Kelly	Life Skills 9:00- 12:00		Life Skills 9:00-12:00
10-12pm	Education	Education	Education	Education	Life Skills	10:00-11:30 Life Skills Laundry	
12- 12:30pm	Lunch Picnic Table	Lunch Picnic Table	Lunch Picnic Table	Lunch Picnic Table	Lunch Picnic Table	12:00pm Lunch	12pm Lunch.
12:30pm- 1:30pm	Education	Education	Education	Education	Cultural Diversity Rose and Marcy 12:30 to 1:30	12:30-1:30 12 STEP WITH GARRY	Special Activity TBA 12:30- 3:30
						1:30-3:30 Process Group Gerardo	4:00 Showers and Relax.
1:30-2:30	Experiential Therapy Rose	MUSIC THERAPY GIRLS/ GENDER GROUP BOYS Gerardo	Anger Management Group Marc/ Art Therapy Girls Raquel	Gender/ Rose GIRLS And Mark BOYS	Music Therapy Girls/ Boys Gender Gerardo	3:30- 5:00 GYM	5:00- 6:00pm Dinner and Meds.

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2:30-3:30	Process Group Gerardo	Music Therapy Boys/ Gender Group Rose	Anger Management Gerardo/Art Therapy Boys Raquel	Levels Gerardo PROCESS	Music Therapy Boys/Gender Group Rose		6:00- 7:00pm Clean Up.
3:45-4:00	Clean Up	Clean Up	Clean Up	Clean Up	Go Back to Residence		
4:00-4:30	Goals/Behavior Reflection	Goals/Behavior Reflection	Goals Behavior Reflection	Goals Behavior Reflection			
4:30-5:30	PARK	GYM	Park	Gym	PARK		
6:00-7:30	Dinner/Meds	NA Meeting at 7PM-8PM	Dinner/Meds	Dinner/Meds	Exercise Park	8:00-9:00 NA MEETING Outside	7:30-9:00 NA Outside Meeting
8:00- 9:00	NA Meeting In House	Eat	NA Meeting In House/Vince	NA Meeting In House	NA Meeting Outside	9:00-Movie and Meds.	9:00 Clean Up Meal Prep
10:30	Lights out Bed	Lights Out Bed	Lights Out Bed	Lights Out Bed	9-10:30 Meds and Movie	10:30 Lights Out Bed	10:30 Lights Out Bed
					10:30 Bed Lights out.		