

Safe Haven/Two Central Daily Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m.	6:15 Wake Up/ Hygiene/Chores	Wake Up/ Hygiene/Chores	Wake Up/ Hygiene/Chores	Wake Up/ Hygiene/Chores	Wake Up/ Hygiene/Chores	Wake Up/ Hygiene/Chores	6:15 Wake Up/ Hygiene/Chores
7:00 a.m.	Daily Goal Setting	Daily Goal Setting	Daily Goal Setting	Daily Goal Setting	Daily Goal Setting	Daily Goal Setting	Daily Goal Setting
7:30 a.m.	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:00 a.m.	Rest Time	Clean Room/Hygiene/ Chores	Clean Room/Hygiene/ Chores	Clean Room/Hygiene/ Chores	Clean Room/Hygiene/ Chores	Clean Room/Hygiene/ Chores	Rest Time
8:30 a.m.			Equestrian Therapy 8:30-10:00	Equestrian Therapy 8:30-10:00			
9:00 a.m.	Finish Responsibilities	DBT Basic Skills- Group Process	Therapy Homework- Dayroom	Therapy Homework- Dayroom	Therapy Homework- Dayroom	Horsemanship-Small Group	Finish Responsibilities
10:00 a.m.	Walk /Relaxation	10:00 DBT Group- Advanced	10:00-11:00 Trauma Focused Process	10:00 CBT group process	Peer Led Group	Expressive Therapy	10:00 Nurses Group
11:00 a.m.	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
11:50 a.m.- 14:58 pm		School	School	School	School	School	12:00-Yoga/walk 13:00-Homework 14:00-Daily Inventory
15:00 p.m.	Daily Inventory	Daily Inventory	Daily Inventory	Daily Inventory	Expressive Therapy	Daily Inventory	Group Re- Challenges
15:30p.m.	Cooking Class & Independent Living Alternate Weeks- Group A cooks Group B learns about cooking skills	Quiet time/homework		15:30-Group Rehab- Yoga/Emotional Regulation	16:00 Daily Inventory	Group Rehab-DBT Skill Building	
16:30 p.m.		Group Rehab-Injury Education and Positive Skill Building focused on reducing injury	Group Rehab- Building Healthy Relationships	Team Building Activity-30 minutes	Group Rehab- Diet/Nutrition/He alth		Group Rehab- Independent Living
17:30 p.m.	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
18:00 p.m.	Quiet Time	Homework	Quiet Time	Homework	Quiet Time	Homework	Quiet Time
18:30 p.m.	Gym/Outside Time	Gym/Outside Time	Gym/Outside Time	Gym/Outside Time	Gym/Outside Time	Gym/Outside Time	Gym/Outside Time
19:00 p.m.	Daily reflection/card loss and diary card review	Daily reflection/card loss and diary card review	Daily reflection/card loss and diary card review	Daily reflection/card loss and diary card review	Daily reflection/card loss and diary card review	Daily reflection/card loss and diary card review	Daily reflection/card loss and diary card review

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20:00 p.m.	Showers/Chores/ Music/TV/Phone	Showers/Chores/M usic/TV/Phone	Showers/Chores/M usic/TV/Phone	Showers/Chores/M usic/TV/Phone	Showers/Chores/M usic/TV/Phone	Showers/Chores/M usic/TV/Phone	Showers/Chores/M usic/TV/Phone
21: 30p.m.	Lights Out	Lights Out	Lights Out	Lights Out	Lights out	22:30 Lights Out	22:30-Lights Out