

WEEKLY SCHEDULE - Carp Campus

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
8:15am	<i>Wake-Up Check In</i>	<i>Wake-Up Check In</i>	<i>Wake-Up Check In</i>	<i>Wake-Up Check In</i>	<i>Wake-Up Check In</i>	9:00am	<i>Wake-Up Check In</i>	<i>Wake-Up Check In</i>
	Breakfast/Chores/Tidy Rooms/Meds	Breakfast/Chores/Tidy Rooms/Meds	Breakfast/Chores/Tidy Rooms/Meds	Breakfast/Chores/Tidy Rooms/Meds	Breakfast/Chores/Tidy Rooms/Meds		Breakfast/Chores/Tidy Rooms/Meds	Breakfast/Chores/Tidy Rooms/Meds
9:00am	Academic Program/ Individual Counselling	Academic Program/ Individual Counselling	Academic Program/ Individual Counselling	Academic Program/ Individual Counselling	Academic Program/ Individual Counselling	10:00am	Physical Group Activity or Pro-Social	Recreation Activity or Outing
12:30pm	Lunch & Chores	Lunch & Chores	Lunch & Chores	Lunch & Chores	Lunch & Chores	12:30pm	Lunch & Chores	Lunch & Chores
1:15pm	Doors open/Clean up	Doors open/Clean up	Doors open/Clean up	Doors open/Clean up	Doors open/Clean up	1:15pm	Doors Open/clean up	Doors Open/clean up
1:30pm	Anger Control Training	ACRA	Seeking Safety	Physical Activity / Outing	Seeking Safety	1:30pm	Social Skills Training	Reasons for Quitting
3:00pm	Snack	Snack	Snack	Snack	Snack		Snack	Snack
3:30pm	Group Walk	Group Walk	Group Workout	Homework Club	Group Walk	3:00pm	Free-time and Family Zoom Visits	Free-time and Family Zoom Visits
4:00pm	Free Time / Phone Calls	Free Time / Phone Calls	Free Time / Phone Calls	Free Time/ Phone Calls	Free Time / Phone Calls	4:00pm		
5:00pm	Dinner & Chores	Dinner & Chores	Dinner & Chores	Dinner & Chores	Dinner & Chores	5:30pm	Dinner & Chores	Dinner & Chores
6:00pm	Doors open/ Free Time	Doors open/ Free Time	Doors open/ Free Time	Doors open/ Free Time	Doors open/ Free Time	6:30pm	Doors open/ Free Time	<i>Room Clean</i>
7:00pm	Transitions/Free Talk	DBT Skills	Pro-Social Group	<i>Room Clean</i> Mindfulness	How to Succeed	7:00pm	Pro-Social Group	Self-Care Sunday
9:00pm	Snack	Snack	Snack	Snack	Movie Night	9:00pm	Movie Night	Snack
10:00pm	Bed - Bronze & Silver	Bed - Bronze & Silver	Bed - Bronze & Silver	Bed - Bronze & Silver		10:00pm		Bed-Bronze & Silver
10:30pm	Bed - Gold & Platinum	Bed - Gold & Platinum	Bed - Gold & Platinum	Bed - Gold & Platinum	Bed -Bronze & Silver	10:30pm	Bed-Bronze & Silver	Bed-Gold & Platinum
11:00pm					Bed Gold & Platinum	11:00pm	Bed Gold & Platinum	