

# Avalon Centers, Inc.

## WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 – 9:00 Morning Reflections/Vitals	8:30 – 10:30 CLINICAL STAFF TREATMENT TEAM MEETING	8:30 – 9:00 Morning Reflections	8:30 – 9:00 Morning Reflections/Vitals	8:30- 9:00 Morning Reflections
9:00 – 9:45 Breakfast		9:00 – 9:45 Breakfast	9:00 – 9:45 Breakfast	9:00 – 9:45 Breakfast
9:45 – 10:30 Community Meeting	10:00 –10:45 Community Meeting/Snack	9:45- 10:30 Community Meeting	9:45 – 10:30 Community Meeting	9:45 – 10:30 Community Meeting/Weekend Goals
10:30-10:45 Break/Snack	10:45-12:15 Art Therapy	10:30-10:45 Break/Snack	10:30-10:45 Break/Snack	10:30-10:45 Break/Snack
10:45-12:15 Nutrition		10:45-12:15 CBT/DBT	10:45-12:15 CBT/DBT	10:45-12:15 Problem Solving Skills/Relapse Prevention
12:15 –1:00 Lunch	12:15 –1:00 Lunch	12:15 –1:00 Lunch	12:15 –1:00 Lunch	12:15 –1:00 Lunch
1:00-2:15 Individual Therapy/Creative Therapy	1:00-2:15 Family Issues	1:00-2:15 Nutrition	1:00-2:15 Individual Therapy/Creative Therapy	1:30-2:15 Self Esteem/Self Care
2:15 –3:15 Assertiveness	2:15-3:15 Yoga	2:15-3:15 Relaxation Movement/Self Defense	2:15-3:15 Body Image	2:15-3:15 Healthy Living
3:15-3:30 Break/Snack	3:15-3:30 Break/Snack	3:15-3:30 Break/Snack	3:15-3:30 Break/Snack	3:15-3:30 Break/Snack
3:30-4:00 Review of Day/Evening Planning	3:30-4:00 Review of Day/Evening Planning	3:30-4:00 Review of Day/Evening Planning	3:30-4:00 Review of Day/Evening Planning	3:30-4:00 Review of Day/Evening Planning
4:00-5:00 Individual/Family Therapy	4:00-5:00 Individual/Family Therapy	4:00-5:00 Individual/ Family Therapy	4:00-5:00 Individual/Family Therapy	4:00-5:00 Individual/Family Therapy
		6:00-7:30 Recovery Support Group Multi Family Group		

Program Hours:

Monday, Wednesday, Thursday, Friday-8:30am-4pm

Individual/Family Therapy Sessions 4:00-5:00 Monday - Friday

Tuesday – 10:00am-4pm