



**Center for Hope of the Sierras -- Weekly Sample Schedule**

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 – 7:00 AM	Morning Hygiene	Morning Hygiene	Morning Hygiene	Morning Hygiene	Morning Hygiene	Morning Hygiene	
7:00 – 7:30 AM							
7:30 – 8:00 AM	Yoga	Breakfast	Breakfast	Breakfast/Staff Meeting	Breakfast	Breakfast	Morning Hygiene
8:00 – 8:30 AM							
8:30 – 9:00 AM	Breakfast	Love in Action	Mindfulness	Yoga	Goal Overview and Peer Feedback	Yoga	Breakfast
9:00 – 9:30 AM							
9:30 – 10:00 AM	Process Group	Snack	Snack	Treatment Team Day/Snack	Snack	Snack	Snack/ Group Community Outing
10:00 – 10:30 AM							
10:30 – 11:00 AM	Individual Sessions/Free Time	Individual Sessions/Free Time	Individual Sessions/Free Time	Individual Sessions/Free Time	Autobiography Reading	ACT	Snack/ Group Community Outing
11:00 – 11:30 AM							
11:30 – 12:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:00 – 12:30 PM							
12:30 – 1:00 PM	Mindful Walk	Intuitive Eating	Resident Meeting & Poetry	Mindful Walk	Free Time	Group Community Outing	Lunch
1:00 – 1:30 PM							
1:30 – 2:00 PM	Individual Sessions/Free Time/Snack	Mindful Walk	Mindful Walk	Individual Treatment Team Sessions/Free Time	DBT	Group Community Outing	Recreational Equine Experience or Free Time/Snack
2:00 – 2:30 PM							
2:30 – 3:00 PM	Individual Sessions/Free Time/Snack	Individual Sessions/Free Time	Individual Sessions/Free Time	Individual Sessions/Free Time	Mindful Walk	Group Community Outing	Recreational Equine Experience or Free Time/Snack
3:00 – 3:30 PM							
3:30 – 4:00 PM	Body Image	Individual Sessions/Free Time	Snack	Snack	Snack & Free Time	Snack	Recreational Equine Experience or Free Time/Snack
4:00 – 4:30 PM							
4:30 – 5:00 PM	Individual Sessions/Free Time	Snack	Individual Sessions/Free Time	Personal Time	Dinner	Free Time	Free Time
5:00 – 5:30 PM							
5:30 – 6:00 PM	Individual Sessions/Free Time	Individual Sessions/Free Time	Individual Sessions/Free Time	Personal Time	Dinner	Free Time	Free Time
6:00 – 6:30 PM							
6:30 – 7:00 PM	Dinner	Dinner	Dinner	Dinner	Group Community Outing	Dinner	Dinner Outing in the Community
7:00 – 7:30 PM							
7:30 – 8:00 PM	Imagery	Yogarate/Movement	Massage & Facials	Meditation Group	Group Community Outing	Dinner	Dinner Outing in the Community
8:00 – 8:30 PM							
8:30 – 9:00 PM	Free Time	Use of Hot Tub	Personal Time & Journaling	Personal Time & Journaling	Personal Time & Journaling	Personal/Leisure Time	Personal/Leisure Time
9:00 – 9:30 PM							
9:30 – 10:00 PM	Personal Time & Journaling	Personal Time & Journaling	Personal Time & Journaling	Personal Time & Journaling	Personal Time & Journaling	Personal/Leisure Time	Personal/Leisure Time
10:00 – 11:00 PM							
11:00PM – 6:50AM	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime

\*Schedule subject to change based on program and individual needs.

\*Family/Individual Sessions are integrated in to the above schedule – these sessions are arranged by the Patient, Therapist and family members involved.