# NATIONAL PSYCHIATRIC CARE AND REHABILITATION SERVICES DAILY PROGRAMING SCHEDULE

**Groups Are Mandatory for All Clients || Individual and Family Sessions Should be Scheduled in Outlook**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| 7:00 am<br>Wake Up / Showers | 7:00 am<br>Wake Up / Showers | 7:00 am<br>Wake Up / Showers | 7:00 am<br>Wake Up / Showers | 7:00 am<br>Wake Up / Showers | 7:00 am<br>Wake Up / Showers | 7:00 am<br>Wake Up / Showers |
| 8:00 am - 8:45 am<br>Breakfast | 8:00 am - 8:45 am<br>Breakfast | 8:00 am - 8:45 am<br>Breakfast | 8:00 am - 8:45 am<br>Breakfast | 8:00 am - 8:45 am<br>Breakfast | 8:00 am - 8:45 am<br>Breakfast | 8:00 am -8:45 am<br>Breakfast |
| 8:45am-9am<br>Individual Chores | 8:45am-9am<br>Chores | 8:45am-9am<br>Chores | 8:45am-9am<br>Chores | 8:45am-9am<br>Chores | 8:45am-9am<br>Chores | 8:45am-9am<br>Chores |
| 9:00 am - 9:20 am<br>Goal Group | 9:00 am - 9:20 am<br>Goal Group | 9:00 am - 9:20 am<br>Goal Group | 9:00 am - 9:20 am<br>Goal Group | 9:00 am - 9:20 am<br>Goal Group | 9:00 am - 9:20 am<br>Goal Group | 9:00 am - 9:20 am<br>Goal Group |
| 9:30 am - 10:30 am<br>Community Walk<br>OPTIONAL | 9:30 am - 10:30 am<br>Community Walk<br>OPTIONAL | 9:30 am - 10:30 am<br>Community Walk<br>OPTIONAL | 9:30 am - 10:30 am<br>Community Walk<br>OPTIONAL | 9:30 am - 10:30 am<br>Community Walk<br>OPTIONAL | 9:30 am - 10:30 am<br>Community Meetings | 9:30 am - 10:30 am<br>Community Meetings |
| 10:30am–11:30am<br>Psychoeducation Group<br>Weekly COVID-19 | 10:30am– 11:30am<br>Psychoeducation Group | 10:30am–11:30am<br>Psychoeducation Group | 10:30am–11:30am<br>Psychoeducation Group | 10:30am–11:30am<br>Psychoeducation Group | 10:00 am - 11:00 am<br>Art Group | 10:00 am - 11:00 am<br>Art Group |
| 11:30 am - 1:00 pm<br>Lunch/Visiting Hours | 11:30 am - 1:00 pm<br>Lunch/Visiting Hours | 11:30 am - 1:00 pm<br>Lunch/Visiting Hours | 11:30 am - 1:00 pm<br>Lunch/Visiting Hours | 11:30 am - 1:00 pm<br>Lunch/Visiting Hours | 11:30 am - 1:00 pm<br>Lunch/Visiting Hours | 11:30 am - 1:00 pm<br>Lunch/Visiting Hours |
| 1:15 pm - 2:15 pm<br>Psychoeducation<br>Group | 1:15 pm - 2:15 pm<br>Psychoeducation<br>Group | 1:15 pm - 2:15pm<br>Psychoeducation<br>Group | 1:15 pm - 2:15pm<br>Psychoeducation<br>Group | 1:15 pm - 2:15 pm<br>Psychoeducation<br>Group | 1:15 pm – 2:00 pm<br>Psychoeducation<br>Group | 1:15 pm - 2:00 pm<br>Psychoeducation<br>Group |
| 2:45 pm - 3:30 pm<br>Processing Group | 2:45 pm - 3:30 pm<br>Processing Group | 2:45 pm - 3:30 pm<br>Processing Group | 2:45 pm - 3:30 pm<br>Processing Group | 2:45pm - 3:30 pm<br>Processing Group | 2:15pm-4:00pm<br>Cinema Group | 2:15pm-4:00pm<br>Cinema Group |
| 3:30 pm - 4:00 pm Morning<br>Goal<br>Completion<br>(not facilitated) | 3:30 pm - 4:00 pm<br>Morning Goal<br>Completion<br>(not facilitated) | 3:30 pm - 4:00 pm Morning<br>Goal<br>Completion<br>(not facilitated) | 3:30 pm - 4:00 pm<br>Morning Goal<br>Completion<br>(not facilitated) | 3:30 pm - 4:00 pm<br>Morning Goal<br>Completion<br>(not facilitated) | 4:00pm - 4:15 pm<br>Process Group/Free Time | 4:00pm - 4:15 pm<br>Process Group/Free Time |
| 4:30 pm - 5:00 pm<br>Social Activities<br>Relaxation Techniques | 4:30 pm - 5:00 pm<br>Social Activities<br>Art Group | 4:30pm - 5:00 pm<br>Social Activities<br>Music Q&A/Art Group | 4:30 pm - 5:00 pm<br>Social Activities<br>Journal Prompt | 4:30pm - 5:00 pm<br>Social Activities<br>Art Group | 4:15pm - 5:00 pm<br>Community Walk<br>FREE TIME | 4:15 pm - 5:00 pm<br>Community Walk<br>FREE TIME |
| 5:00 pm - 5:30 pm<br>Vocational Support<br>OPTIONAL | 5:00 pm - 5:30 pm<br>Vocational Support<br>OPTIONAL | 5:00 pm - 5:30 pm<br>Vocational Support<br>OPTIONAL | 5:00 pm - 5:30 pm<br>Vocational Support<br>OPTIONAL | 5:00 pm - 5:30 pm<br>Vocational Support<br>OPTIONAL | 5:00 pm - 5:30 pm<br>Vocational Support<br>UPON REQUEST | 5:00 pm - 5:30 pm<br>Vocational Support<br>UPON REQUEST |
| 5:30 pm - 6:15 pm Dinner | 5:30 pm - 6:15 pm Dinner | 5:30 pm - 6:15 pm Dinner | 5:30 pm - 6:15 pm Dinner | 5:30 pm - 6:15 pm Dinner | 5:30 pm - 6:15 pm Dinner | 5:30 pm - 6:15 pm Dinner |
| 6:30 pm - 8:00 pm<br>Visiting Hours | 6:30 pm - 8:00 pm<br>Visiting Hours | 6:30 pm - 8:00 pm<br>Visiting Hours | Visiting Hours 6:30pm- 8pm<br>Visiting Hours | 6:30 pm - 8:00 pm<br>Visiting Hours | 6:30 pm - 8:00 pm<br>Visiting Hours | 6:30 pm - 8:00 pm<br>Visiting Hours |
| 8:00 pm - 8:30 pm<br>Wrap Up Group | 8:00 pm - 8:30 pm<br>Wrap Up Group | 8:00 pm - 8:30 pm<br>Wrap Up Group | 8:00 pm - 8:30 pm<br>Wrap Up Group | 8:00 pm - 8:30 pm<br>Wrap Up Group | 8:00 pm - 8:30 pm<br>Wrap Up Group | 8:00 pm - 8:30 pm<br>Wrap Up Group |
| 8:30 pm - 10:30 pm<br>Relax /10:30 Lights Out | 8:30 pm - 10:30 pm<br>Relax /10:30 Lights Out | 8:30 pm - 10:30 pm<br>Relax /10:30 Lights Out | 8:30 pm - 10:30 pm<br>Relax /10:30 Lights Out | 8:30 pm - 10:30 pm<br>Relax /10:30 Lights Out | 8:30 pm - 10:30 pm<br>Relax /10:30 Lights Out | 8:30 pm - 10:30 pm<br>Relax /10:30 Lights Out |

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