

What a *Typical* Day Looks Like.

Morning 6:30 – 11:00 AM	Midday 11:00 AM – 2:45 PM	Afternoon 2:45 – 6:30 PM	Evening 6:30 – 10:00 PM
6:30 Wake up & get ready Morning medication check	11:00 Break & phone time	2:45 Break	6:30 Evening check-out Or family visits on Wed & Fri
7:45 Breakfast With pre- and post-meal support	11:30 Skills group e.g., Mindfulness, ACT Skills, Nutrition	3:15 Snack	8:00 Snack
8:45 Morning group e.g., Community Meeting, Yoga, Creative Expressions	12:15 Lunch With pre- and post-meal support	3:30 Skills group e.g., DBT Skills, Family Systems, Media Literacy	8:15 Phone call time
9:30 School & sessions Schoolwork, workbooks & 1:1 therapy	1:15 Afternoon group e.g., Body Image, Cognitive Reframe, Goal Setting	4:15 Reflection & practice e.g., Guided Journaling, Cooking Group	8:30 Movie or game night
10:45 Snack	2:00 School & sessions Schoolwork, workbooks & 1:1 therapy	5:30 Dinner With pre- and post-meal support	9:30 Get ready for bed Lights out by 10:00 PM

GOOD TO KNOW

 Supported meal or snack

Meal support

Staff support every meal and snack, with a group before and after each meal.

Fridays

The afternoon includes a community outing, followed by Fun Friday.

Weekends

A gentler pace with therapy work, mindfulness, creative groups, and animal shelter visits.

Family visits

Wed & Fri, 6:45–8:00 PM, and Sat, 11:00 AM–12:15 PM, coordinated with the care team.

Sample schedule shown for illustration. Group topics rotate through the week, and times may vary.