



Residential Schedule

6:30 am	Wake up
7:00 am – 8:30 am	Health and Wellness (Off Site Recreation – Gym/Crossfit)
8:30 am – 9:30 am	Breakfast & Medication Management
9:30 am – 12:30 pm	(MBB) Mind Body Bridging & (CPT) Cognitive Processing Therapy
12:30 pm – 1:30 pm	Lunch & Chores
1:30 pm – 3:30 pm	(DBT) Dialectical Behavioral Therapy
3:30 pm – 4:30 pm	Yoga
4:30 pm	Break
5:00 pm – 6:00 pm	Dinner
6:00 pm – 7:00 pm	Peer Led (CPT) Cognitive Processing Therapy
7:00 pm	Community Communication (Tech Led Group)
7:30 pm – 8:30 pm	Homework
8:30 pm	Check In
9:00 pm – 10:00 pm	Relaxation
10:30 pm	Lights Out

Groups vary daily, as well as after dinner recreation & outside support meetings