



DEER HOLLOW

This is a General Example of our Daily Residential Schedule:

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|---------------------------|------------------------------------|
| 6:30 am | Wake up |
| 7:00 am – 8:30 am | Health and Wellness (Off-Site Gym) |
| 8:30 am – 9:30 am | Breakfast & Medication Management |
| 9:30 am – 12:30 pm | Group Therapy |
| 12:30 pm – 1:30 pm | Lunch & Chores |
| 1:30 pm – 3:30 pm | Group 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 | Recreation |
| 7:00 pm | Tech Led Group |
| 7:30 pm – 8:30 pm | Homework |
| 8:30 pm | Relaxation |
| 10:30 pm | Lights Out |