



DEER HOLLOW

This is a General Example of our Daily Residential Schedule:

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 – 11:00 am	Experiential Internal Family Systems Group
11:00 am – 12:30 pm	Shame Resiliency Group
12:30 pm – 1:30 pm	Lunch & Chores
1:30 pm – 3:30 pm	Group E.M.D.R.
3:30 pm – 4:30 pm	Yoga / Mind Body Bridging
4:30 pm – 5:00 pm	Break
5:00 pm – 6:00 pm	Dinner
6:00 pm – 7:00 pm	Homework
7:00 pm – 8:30 pm	Peer Led CPT
8:30 PM	Relaxation
10:30 PM	Lights Out