

CFD Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-8:00	Wake-Up	Wake-Up	Wake-Up	Wake-Up	Wake-Up	Wake-Up	Wake-Up
8:00-9:00	Fitness	Fitness	Yoga	Fitness	Yoga	Fitness	Hike
9:00-10:00	Breakfast/Hygiene/ Medication	Breakfast/Hygiene/ Medication	Breakfast/Hygiene/ Medication	Breakfast/Hygiene/ Medication	Breakfast/Hygiene/ Medication	Breakfast/Hygiene/ Medication	Breakfast/Hygiene/ Medication
10:00-10:45	DBT Group	School	School	School	Sexuality Group	Assertiveness Group	Meditation Group
10:45-11:00	Snack	Snack	Snack	Snack	Snack	Snack	Snack
11:00-12:00	Process Group	Process Group	Commitments Group	Process Group	Process Group	School/ Treatment Goals/ Commitments	School/ Treatment Goals/ Commitments
12:00-12:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:30-1:00	Milieu Clean-Up	Milieu Clean-Up	Milieu Clean-Up	Milieu Clean-Up	Milieu Clean-Up	Milieu Clean-Up	Milieu Clean-Up
1:00-2:00	Meditation Group	Music Therapy Group	Documentary Group	Meditation Group	Spirituality Group	Commitments Group	Commitments Group
2:00-3:00	School/ Treatment Goals/ Commitments	School/ Treatment Goals/ Commitments	School/ Treatment Goals/ Commitments	School/ Treatment Goals/ Commitments	School/ Treatment Goals/ Commitments	Outing	Visiting Hours
3:00-3:10	Snack	Snack	Snack	Snack	Snack		Snack
3:10-4:00	Commitments Group	Commitments Group	Medication Education	Commitments Group	Commitments Group		Visiting Hours
4:00-5:00	Recreation/Park	Recreation/Park	Recreation/Park	Recreation/Park	Recreation/Park		Milieu Clean-Up
5:00-5:30	Milieu Clean-Up	Milieu Clean-Up	Milieu Clean-Up	Milieu Clean-Up	Milieu Clean-Up		Dinner
5:30-6:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:30-7:15	Aspects of Anger Group	Pre-Contract Group	Coping Skills Group	Current Events Group	Communications Group	Reflections Group	Assignment Sharing Group
7:15-8:00	Art Therapy Group	School	Contract Group	Self-Esteem Group	School	Theatre	Art Therapy Group
8:00-8:45	School/ Treatment Goals/ Commitments	School/ Treatment Goals/ Commitments	School/ Treatment Goals/ Commitments	School/ Treatment Goals/ Commitments	School/ Treatment Goals/ Commitments		
8:45-9:00	Snack	Snack	Snack	Snack	Snack	Snack	Snack
9:00-9:30	Medication/Body Checks	Medication/Body Checks	Medication/Body Checks	Medication/Body Checks	Medication/Body Checks	Medication/Body Checks	Medication/Body Checks
9:45-10:00	Daily Review	Daily Review	Daily Review	Daily Review	Daily Review	Daily Review	Daily Review
10:00-10:15	Room Checks	Room Checks	Room Checks	Room Checks	Room Checks	Room Checks	Room Checks
10:15	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

Schedule is subject to change