## JARRAH HOUSE PROGRAM SCHEDULE: TYPICAL WEEK

WEEK: Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.45am-8.45am	Medication	Medication	Medication	Medication	Medication	Medication	Medication
9:00am-9:30am	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting
9:30am-10:30am	Chores	Chores	Chores	Chores	Chores	Visiting 10am-12pm	Spring Clean /
10:30am-11:00am	Booked Phone Calls	Booked Phone Calls	Booked Phone Calls	Booked Phone Calls	Chores	Room Check	
11:00am- 12:00pm	Integrated Skills	Weaving/Art	Addiction and the brain	Parenting Group	Poetry	Health & Wellbeing	DBT/Relapse prevention
12:00pm-1:30pm	Lunch	Lunch	Lunch	Lunch	Café Outing	Lunch	Lunch
1:30pm-2:30pm	DBT/Relapse prevention	DBT/Relapse prevention	Addiction and the brain	DBT/Relapse prevention	Exercise class	DBT/Relapse prevention	Mindful walk (Offsite for approx 1.5hrs)
2:45pm-3.30pm	<b>Group A:</b> Shop	Group A: Walk	Walk	Walk	Free time	Visiting	Self - Care
	Group B: Walk	<b>Group B:</b> Shop				2pm-4pm	Sunday
3.45pm-4.15pm	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation
4.30pm - 6.30pm	Dinner/Free Time	Dinner/Free Time	Zoom Visits	Dinner/Free Time	Dinner/Free Time	Dinner/Free Time	Dinner/Free Time
			Dinner/Free Time				6:00pm: AA
6:30pm-7:00pm	Rest and Reflect	Rest and Reflect	Rest and Reflect	Rest and Reflect	Rest and Reflect	Rest and Reflect	Rest and Reflect
7:00pm-11:00pm	TV/Free time	TV/Free time	TV/Free time	TV/Free time	TV/Free time	TV/Free time	TV/Free time