JARRAH HOUSE PROGRAM SCHEDULE: TYPICAL WEEK

WEEK: Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.45am-8.45am	Medication Clinic	Medication Clinic	Medication Clinic	Medication Clinic	Medication Clinic	Medication Clinic	Medication Clinic
9am-9:30am	House Meeting and 15 min phone time	House Meeting	House Meeting and 15 min phone time	House Meeting	House Meeting and 15 min phone time	House Meeting	House Meeting
9:30am-10am	Chores	Chores	Chores	Chores	Chores	Chores	Spring Clean
10am-11am	Yarning Circle (First Nations Women only)	10.30am: Circle of Security	DBT/Relapse prevention	**6 Weeks of** NEST Program (10am - 12.30pm) **4 Weeks of** Group Therapy Program (11am-12pm)	Health and Wellbeing / Na Joomelah Workshop	10am-12pm: Group A: Visits	DBT/Relapse prevention
11am-12pm	Art Therapy		11.30am-12.30pm Yoga		11.30am-12.30pm Yoga	DBT/Relapse prevention	Pet Therapy
12pm-12.30pm	Medication Clinic	Medication Clinic	Medication Clinic	Medication Clinic	Medication Clinic	Medication Clinic	Medication Clinic
12.30-1.30pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:30pm-2:30pm	DBT/Relapse prevention	DBT/Relapse prevention	DBT/Relapse prevention	Personal Training	Walk/Café outing	DBT/Relapse prevention	Mindful walk to offsite location (children not in attendance)
2:45pm-3.30pm	Group A: Shop / Group B: Walk	Group A: Walk / Group B: Shop	Walk	Walk		Walk / 2pm-4pm: Group B: Visits	Free Time
3.45pm-4.15pm	Relaxation	Relaxation	Relaxation	3.30pm-4.30pm: Peer Led Group	Relaxation	Relaxation	Relaxation
4.30pm-6.30pm	Dinner/Free Time	Dinner/Free Time	Dinner/Free Time / 6:00pm: NA	Dinner/Free Time	Dinner/Free Time	Dinner/Free Time	Dinner/Free Time / 6:00pm: AA
6:30pm-7:00pm	Journalling	Journalling	Zoom Visiting	Journalling	Journalling	Journalling	TV/Free time
7pm-11pm	TV/Free time	TV/Free time	TV/Free time	TV/Free time	TV/Free time	TV/Free time	
7.30pm-8.15pm or 9.30pm-10pm	Medication Clinic	Medication Clinic	Medication Clinic	Medication Clinic	Medication Clinic	Medication Clinic	Medication Clinic