

Residential Schedule

Crownsville

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:00	Sleep In 07:00 - 08:00	Wake-up Breakfast	Wake-up Breakfast	Wake-up Breakfast	Wake-up Breakfast	Wake-up Breakfast	Wake-up Breakfast
08:00	Wake-up Breakfast	Morning Group 08:00 - 11:00	Morning Group 08:00 - 11:00	Morning Group 08:00 - 11:00	Morning Group 08:00 - 11:00	Morning Group 08:00 - 11:00	Cinema Therapy 08:00 - 10:00
09:00	House Cleaning						
10:00	Family Phone Calls 10:00 - 12:00	Lunch 11:00 - 12:00	Lunch 11:00 - 12:00	Lunch 11:00 - 12:00	Lunch 11:00 - 12:00	Lunch 11:00 - 12:00	Free Time 10:00 - 11:00
11:00	Lunch 12:00 - 01:00						
12:00	Hike 01:00 - 05:00	School 12:00 - 02:00	School 12:00 - 02:00	School 12:00 - 02:00	School 12:00 - 02:00	School 12:00 - 02:00	Community Activity 12:00 - 04:00
01:00		Afternoon Group 02:00 - 04:00	Afternoon Group 02:00 - 04:00	Afternoon Group 02:00 - 04:00	Afternoon Group 02:00 - 04:00	Afternoon Group 02:00 - 04:00	
02:00	Art Expression	Homework Hour	Homework Hour	Homework Hour	Homework Hour	Homework Hour	Nursing Group
03:00		Fitness 05:00 - 06:00	Fitness 05:00 - 06:00	Fitness 05:00 - 06:00	Fitness 05:00 - 06:00	Fitness 05:00 - 06:00	
04:00	Dinner 06:00 - 07:00						
05:00	Journal + Meditation	Weekly Goal Setting	Life Skills 07:00 - 08:00	Family Phone Calls 07:00 - 09:00	Journal + Meditation	Game Night 07:00 - 09:00	Peer Recovery 07:00 - 09:00
06:00	Free Time 08:00 - 09:00	Free Time 08:00 - 09:00	Free Time 08:00 - 09:00	Free Time 08:00 - 09:00	Free Time 08:00 - 09:00	Free Time 08:00 - 09:00	
07:00	Hygiene + Wind Down 09:00 - 10:00						
08:00	Lights Out 10:00 - 10:30						