

Cascade Canyon Schedule

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
7:00 am	Wake Up/ Medication	Wake Up/ Medication	Wake Up/ Medication	Wake Up/ Medication	Wake Up/ Medication	Wake Up/ Medication	Wake Up/ Medication
8:00 am	Breakfast Meditation/ Check-In/ Goals	Breakfast Meditation/ Check-In/ Goals	Breakfast Meditation/ Check-In/ Goals	Breakfast Meditation/ Check-In/ Goals	Breakfast Meditation/ Check-In/ Goals	Breakfast Meditation/ Check-In/ Goals	Breakfast Meditation/ Check-In/ Goals
9:00 am	Empowerment Plan	Academic	Academic	Academic	Academic	Academic	Life Skills
10:00 am	Life Skills						
11:00 am	Community Lunch	Community Lunch	Community Lunch	Community Lunch	Community Lunch	Community Lunch	Community Lunch
12:00 pm	Experiential Activity	Fitness	Fitness	Fitness	Fitness	Fitness	Fitness
1:00 pm	Individual Time	Process Group Topics 1-4	Process Group Topics 1-4	Process Group Topics 1-4	Process Group Topics 1-4	Process Group Topics 1-4	Experiential Activity
2:00 pm	Family Calls/ Visits						
3:00 pm	Community Dinner	Community Dinner	Community Dinner	Community Dinner	Community Dinner	Community Dinner	Community Dinner
4:00 pm	Homework	Homework	Homework	Homework	Homework	Homework	Homework
5:00 pm	Yoga	Art Therapy	Self Expression Group	Tai Chi	Music Therapy	Psychoeducation Seminar	Yoga
6:00 pm	Journaling	Journaling	Journaling	Journaling	Journaling	Journaling	Journaling
7:00 pm	Prepare For Bed	Prepare For Bed	Prepare For Bed	Prepare For Bed	Prepare For Bed	Prepare For Bed	Prepare For Bed
8:00 pm	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out
9:00 pm							
10:00 pm							
11:00 pm							

Experiential Activities include:

Hiking, sledding, ropes courses, equine therapy, nature therapy, community social events, art exhibits, pottery classes, kickboxing, bowling, etc

Process Group topics:

Self Discovery, Relationships, Cognitive Function & Emotional Wellness, Implementing & Living Life Differently