

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am	Wake up	Wake up	Wake up	Wake up	Wake up	6:30-6:45am Medication Time	
6:30-6:45am	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time	8:00-8:50am Cold Breakfast (optional)	
6:30-6:40am	Smoke Break	Smoke Break	Smoke Break	Smoke Break	Smoke Break	Smoke Break	Smoke Break
6:55-7:30am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	7:15-7:30am Medication Time	
8:00am	Smoking Area Opens	Smoking Area Opens	Smoking Area Opens	Smoking Area Opens	Smoking Area Opens	Smoking Area Opens	Smoking Area Opens
8:00-8:15am	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time	7:45am Wake up	
9:00-11:00am	Group	Group	Relapse Prevention Group	Group	Group		
11:00-11:15am	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time
11:30am-12:30pm	Lunch	Lunch	Lunch	Lunch	Lunch	11:30-12:30pm Brunch	
1:00-3:00pm	Walk 12:15-12:45pm (mandatory when not in session)	Seeking Safety Or Momentum Group	Family Group Or Recreation	Walk 12:15-12:45pm (mandatory when not in session)	1:00-1:30pm House Meeting		Recovery Group
	Group			Group	Essential Run (Every 2 <sup>nd</sup> week) Or Group		
3:00-3:15pm	3:00-3:10 Medication Time	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time
3:00-4:45pm	Major Room Clean	Walk 4:00-4:30pm (mandatory when not in session)	Walk 3:00-4:00pm (mandatory when not in session)	Parenting Group 3:30pm-4:30pm (Week 1-5)			
4:45-5:30pm	Supper	Supper	Supper	Supper	Supper	Supper	5:45-6:45pm Supper

**YAT Client Schedule**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15-6:30pm	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time	6:45-7:00pm Medication Time
6:00-8:00pm	Recreation 6:00-7:00pm	Recovery Group 6:00-7:00pm	Online Meeting 6:30-7:30pm	Recovery Group 6:00-7:00pm Or <b>Alumnae the last Thursday of the month</b>		Residential Craft Group 6:30-8:00pm	Online Meeting 7:00-8:00pm
8:00-8:15pm	Snack (optional)	Snack (optional)	Snack (optional)	Snack (optional)	Snack (optional)	Snack (optional)	Snack (optional)
8:30-8:45pm	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time	Medication Time
9:15pm	Smoking Area Closes (9:30pm key and TV remote collected)	Smoking Area Closes (9:30pm key and TV remote collected)	Smoking Area Closes (9:30pm key and TV remote collected)	Smoking Area Closes (9:30pm key and TV remote collected)	Smoking Area Closes (9:30pm key and TV remote collected)	Smoking Area Closes (9:30pm key and TV remote collected)	Smoking Area Closes (9:30pm key and TV remote collected)
9:30-9:45pm	Medication Time	Medication Time	Medication Time	Medication Time	10:00-10:30pm Medication Time	10:00-10:30pm Medication Time	Medication Time
10:00pm	Bed	Bed	Bed	Bed	11:00pm Bed	11:00pm Bed	Bed
10:30pm	Lights Out	Lights Out	Lights Out	Lights Out	11:30pm Lights Out	11:30pm Lights Out	Lights Out

**See Sign Up Sheets for:**

- Gym Times
- Skype Visits
- Courtyard Times
- Smudging Times
- Park Times

**Smoking Area:**

- YAT's Area is located at the designated area on the second floor
- Morning smoke break is 6:30am-6:40am, Staff open the door for this break
- Area is open from 8:00am-9:15pm daily via a key card
- Area is closed during all mandatory programming times including meals and group