

**Ferdell Program Schedule (5/17/21)**

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30am	<b>Community Meeting</b>	<b>Community Meeting</b>	<b>Community Meeting</b>	<b>Community Meeting</b>	<b>Community Meeting</b>	<b>Community Meeting</b>	<b>Community Meeting</b>
8:40am	<b>Medication Education</b>		9:00 <b>Nutrition Grp</b> (Rebecca)				
9:15am	Phone Visiting/ Walk	Phone Visiting/ Walk	Phone Visiting/ Walk	Phone Visiting/ Walk	Phone Visiting/ Walk	Phone Visiting/ Walk	Phone Visiting/ Walk
9:30-10:00am							
10:00 - 11:00am	Unit Activities	<b>Skills Training</b> (Nursing) (F)	<b>Self-Esteem</b> (Nursing) (F)	<b>Skills Training</b> (Nursing) (F)	<b>Skills Training</b> (Nursing) (F)	<b>Safety Planning</b> (Nursing) (F)	<b>Healthy Lifestyles (LR)</b>
11:50am	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00-1:45pm	Unit Activities (12:30-1:30)	<b>Experiential Mindfulness</b> (Chris) (F)	<b>Barriers to Wellness</b> (Hannah) (F)	<b>Self Compassion</b> (Jennifer) (F)	<b>Cognitive Restructuring</b> (Jaclyn) (F)	<b>Radical Acceptance</b> (Maria) (F)	Unit Activities (12:30-1:30)
2:00-2:50pm	<b>CRAFTS</b> (1:45-2:45)	Phone Visiting/ Activities	Phone Visiting/ Activities	Phone Visiting/ Activities	Phone Visiting/ Activities	Phone Visiting/ Activities	<b>CRAFTS</b> (1:45-2:45)
3:00-3:45pm	Phone Visiting/Activities (2:30-4pm)	<b>Motivation for Change</b> (Jaclyn) (F)	<b>Life Transitions</b> (Maria) (F)	<b>Boundaries</b> (Carol) (F)	<b>Incorporating Values in Recovery</b> (Nadia) (F)	<b>Weekend Planning and Assignments</b> Jennifer) (F)	Phone Visiting/Activities (2:30-4pm)
4:15-5:00pm	<b>Skills Group</b> (F)	Phone Visiting/ Activities	<b>CRAFTS</b>	Phone Visiting/ Activities	Phone Visiting/ Activities	Phone Visiting/ Activities	<b>Skills Group</b> (F)
5:00-5:30pm	<b>Diary Card Review</b>	<b>Diary Card Review</b>	<b>Diary Card Review</b>	<b>Diary Card Review</b>	<b>Diary Card Review</b>	<b>Diary Card Review</b>	<b>Diary Card Review</b>
5:30pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:15-7:00 pm			<b>CD Self-Help</b> (F)			<b>CD Self-Help</b> (F)	
7:00-8:00pm							
8:00-9:00pm	Unit Based Activities	Phone Visiting & Unit Activities	Phone Visiting & Unit Activities	Phone Visiting & Unit Activities	Phone Visiting & Unit Activities	Phone Visiting & Unit Activities	Unit Based Activities
9:00-9:30pm	Unit based Meditation/ Relaxation	Unit based Meditation/ Relaxation	Unit based Meditation/ Relaxation	Unit based Meditation/ Relaxation	Unit based Meditation/ Relaxation	Unit based Meditation/ Relaxation	Unit based Meditation/ Relaxation

*Patients are expected to attend all assigned groups. Please note the group schedule is subject to change. See a staff member if you have questions.*