

Hathorn Program Schedule (5/17/2021)

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:15am	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Community Meeting
8:40am	Medication Education						
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			Nutrition Grp (Rebecca)				
10:00 - 11:00am	Unit Activities	Skills Training (Nursing) (H)	Self-Esteem (Nursing) (H)	Skills Training (Nursing) (H)	Skills Training (Nursing) (H)	Safety Planning (Nursing) (H)	Healthy Lifestyle (LR)
11:40am	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00-1:45pm	CRAFTS (12:30-1:30)	Experiential Mindfulness (Harriet) (H)	Radical Acceptance (Chris) (H)	Boundaries (Carol) (H)	Understanding Your Illness (Hannah) (H)	Incorporating Values in Recovery (Nadia) (H)	CRAFTS (12:30-1:30)
2:00-2:50pm	Phone Visiting/Activities	Phone Visiting/Activities	Phone Visiting/Activities	Phone Visiting/Activities	Phone Visiting/Activities	Phone Visiting/Activities	Phone Visiting/Activities
3:00-3:45pm	(2-4pm)	Motivation for Change (Cameron) (H)	Life Transitions (Lisa) (H)	Self Compassion (Harriet) (H)	Managing Destructive Habits (Cameron) (H)	Weekend Planning and Assignments (Hannah) (H)	(2-4pm)
4:15-5:00pm	Skills Group (H)	Phone/Activities	Phone/Activities	CRAFTS	Phone/Activities	Phone/Activities	CD Group (H)
5:15pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:15-7:00 pm	Diary Card Review	Diary Card Review	Diary Card Review	CD Self Help Nursing (H)	Diary Card Review	Diary Card Review	Diary Card Review
7:00-8:00pm				Diary Card Review		Karaoke (H)	
8:00-9:00pm	Unit Based Activities	Phone & Unit Activities	Phone Visiting & Unit Activities	Phone & Unit Activities	Phone & Unit Activities	Phone & 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.