

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7:30	Chores, etc.	Chores, etc.	Chores, etc.	Chores, etc.	Chores, etc.	Double Scrub	Double Scrub	
8	Grounding	Grounding	Grounding	Grounding	Meditation			
8:15	8:10am- 8:30am	8:10am- 8:30am	8:10am- 8:30am	8:10am- 8:30am				
8:30	Process Group	Process Group	Tulsa Health Department	Process Group	Meditation Steve 8:10 am - 9:20 am			
8:45			Brenda 8:30am-9:30am					
9			DHS Certified Nurturing Families					
9:15								
9:30								
9:45	8:30am-10:20am	8:30am-10:20am		8:30am-10:20am	Therapeutic Walk Staff			
10								
10:15								
10:30			Nutrition			Anger Management		Nurse Process
10:45			OSU/ Chef Chris					Nursing staff
11	10:30am-11:15am							
11:15	Lunch							
11:30	Lunch							
11:45						Activity		
12								
12:15								
12:30								
12:45	Grief and Loss	12 Steps	Tulsa Health Department	Parenting in Recovery	Principles for Living			
1	Tracey	Paty		Amber	Patty and Debra			
1:15	Trauma	Restoring Peace/ Seeking Safety		12:45pm-1:30pm	12:45 pm - 1:30 pm			
1:30	Debra	Tanya	12:45pm-2:30pm	Baskets & Beading	Community Process			
1:45	Relapse Prevention	Case Management						
2	Christina	Christie						
2:15	12:45 pm - 3:30 pm	12:45 pm-3:30 pm	Community House	Loretta	1:40 pm-2:50 pm			
2:30			Kamen	1:30 pm- 2:50 pm.				
2:45			2:30-3:30pm	Yoga				
3								
3:15								
3:30	Bridge the Gap	Mommy & Me	Getting in Touch		Baby Bonding			
3:45				Amber		3:00 pm-4:00 pm	3:00 pm - 4:00 pm	
4				3:30pm-4:20pm		3:30pm-4:20pm		
4:15						Family Movies		
4:30								
5								
5:30	Dinner	Dinner	Dinner	Dinner				
6				Zumba				
6:30				6:30-7:30pm				
7	[Time with children, snacks, and Bedtime rituals]	[Time with children, snacks, and Bedtime rituals]	[Time with children, snacks, and Bedtime rituals]	Alateen	[Time with children, snacks and bedtime rituals]			
7:30				Optional Church Service				
8				Every other Thursday				
8:30								

Doctor/Psych visits during the day

Treatment Team 10:30-11:30am	Managers' Meeting 9-10 Clinical Meeting 12:30pm-1:50pm	Treatment Team 10:30-11:30am
---------------------------------	--	---------------------------------

Movies
9:30pm-11:30pm