

F.O.H. MENS PROGRAM SCHEDULE

Time		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30a		House Wake- Up	House Wake-up	House Wake- Up	House Wake- Up	House Wake- Up	
6:00a		Rooms Tight People Check	Rooms Tight People Check	Rooms Tight People Check	Rooms Tight People Check	Rooms Tight People Check	
6:30a		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
7:00 a	Medication	Medication	Medication	Medication	Medication	Medication	Medication
7:30 a		Job Task	Job Task	Job Task	Job Task	Job Task	
8:00 a.	House Wake- Up	Good Morning Feelings 8:00-9:00a	Current Events 8:00-9:00a	Good Morning Feelings 8:00-9:00a	Current Events 8:00-9:00a	Good Morning Feelings 8:00-9:00a	House Wake-Up
9:00 a	Breakfast	9-9:30a P.E.	9-9:30a P.E.	Anxiety Management (NJ) 9a-10a	9-9:30a P.E. Staff Training 9a-10a	9-9:30aP.E.	Breakfast
9:30		Relapse Prevention (D.V.) 9:30-10:30	C.I. Group 9:30-11:00a Family Focus (9:30a)		Work Therapy 9:30-11:30a	Creative Expression B.P. 9:30-11:00a	
9:45a		Music & Attachment 9:45-11:00a	Nurturing Families 9:45-11:15a				
10:00	Morning Meeting			CI's, L2 & L3's Level Group 10:00-12:00p	Staff Mtg. 10-12p		Morning Meeting
11:00	Lower House GI	DBT Group (PB) 11:a-12:30p				Work Therapy	LH Encs11a-1p
11:30a		Medication	Medication	Medication	Medication	Medication	Family Education 11:30-1:00p (L.K.)
12:00	Medication	Lunch (M)	Lunch	Lunch	Lunch	Lunch	Medication
12:30p					Staff Encounters		
1:00 p	NA Meeting Lunch		Boomerang Group (P.B.) 1:30-3:00	L4's & L1's Level Group 1:00-3:00p			Lunch
1:30 p		Parenting Group 1:30-3:00 (R.B.) Trauma Informed (LL)	T.C. Concept (L4's) CI Group Boomerangers (PB) 1:30-3p	Community Mtg. 1:30-3:00 (D.K.)	Health Group (Medical) 1:30-3p	Men's Group 1:30-3p (R.B.) Greif Group 1:30-3p (K.Y.)	Visits 1p-3p
2:00p	Encounters 2p-4p						
3:00 p				General Meeting (Staff)		Recreation Begins 3p-10p	
3:30 p		Seeking Safety 3:30-5:00 (KY)	Meditation Group N.H.		Anger & Stress Management 3:30-5p (S.S.)		
4:00 p	AA Meeting	Medication	Medication	Medication	Medication	Medication	
4:30 p							DRA Group 4:30-6:00p (L.K.)

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5:00 p		Dinner	Dinner	Dinner	Dinner	Dinner	
5:30p	Dinner						Dinner
6:00 p	Evening Mtg.	Evening Mtg.	Evening Mtg.	Evening Mtg.	Evening Mtg.	Evening Mtg. Bible Study	Evening Mtg.
6:30-8:00p							
7:00 p	Job Task	Job Task NA Meeting Level 3 Encs	Job Task	Job Task Level 3 Encs	Job Task Compassion Church 7p-9p	Job Task	Job Task
7:15p	Medication (M)	Medication	Medication	Medication	Medication	Medication	Medication
7:30	Medication (W)						Medication (W)
8:00 p	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks	Snacks
8:30p	Personal Time Medication (W)	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time Medication (W)
9:15p	Medication (M)	Medication	Medication	Medication	Medication	Medication	Medication
9:30p	LH OTF	LH OTF	LH OTF	LH OTF	LH OTF	Recreation Ends LH OTF	LH OTF
10:00	Personal Time	Last House Runs	Last House Runs	Last House Runs	Last House Runs	Last House Runs	Personal Time
10:30	Job Task	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Job Task
11:00	Feedback	L3/L4 Feedback	L3/L4 Feedback	L3/L4 Feedback	L3/L4 Feedback	L3/L4 Feedback	Feedback

(Revised: 1/9/17 JB)