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| --- | --- | --- | --- | --- | --- |
| **Week beginning:** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **08.30** | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| **9.00-9.15** | **Daily Community Meeting**  **Coping at the table**  **9.25-10.25**  **Meal Preparation**  **9.25-10.25** | **Daily Community Meeting**  **Menu Planning**  (not a group but menu choices to be made by 11.30)  **Reviews and Therapy time.** | **Daily Community Meeting**  **Self Esteem**  **9.15-10.15** | **Daily Community Meeting**    **Body Image**  **9.15-10.15** | **Daily Community Meeting**  **Hobby Group**  **9.00-10.00**  **(option to continue until 10.30)** |
| **10.30** | Snack | Snack | Snack | Snack | Snack |
|  | **Open CBT**  **11.30-12.30** | **Values Based Living**  **(ACT)**  **11.30-12.30** | **Living with Emotions**  **(DBT)**  **11.30-12.30** | **Living Together**  **11.30-12.30** | **Music Group**  **11.30-12.30** |
| **13.00** | Lunch | Lunch | Lunch | Lunch | Lunch |
|  | **Green light/ OT workshop**  **14.00-15.00** | **Homework Time**  **Reviews and Therapy time.** | **Free Afternoon** | **Green light/ OT workshop**  **14.00-15.00** | **Managing Meals**  **14.00-15.00** |
| **16.00** | Snack | Snack | Snack | Snack | Snack |
| **Clubs** | **Be Creative/Project Club – 16.30-17.30** |  | **Baking Club (planning) 16.30-17.30** | **Yoga** **17.30- 18.15** | **Film Club**  **16.30-18.30** |
| **Week beginning:** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **08.30** | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| **9.00-9.15** | **Daily Community Meeting**  **Coping at the table**  **9.25-10.25**  **Meal Preparation**  **9.25-10.25** | **Daily Community Meeting**  **Menu Planning**  (not a group but menu choices to be made by 11.30)  **Reviews and Therapy time.** | **Daily Community Meeting**  **Perfectionism**  **9.15-10.15** | **Daily Community Meeting**    **Body Image**  **9.15-10.15** | **Daily Community Meeting**  **Hobby Group**  **9.00-10.00**  **(option to continue until 10.30)** |
| **10.30** | Snack | Snack | Snack | Snack | Snack |
|  | **Motivation for Change**  **11.30-12.30** | **Values Based Living**  **(ACT)**  **11.30-12.30** | **Living with Emotions**  **(DBT)**  **11.30-12.30** | **Feedback Group**  **11.30-12.30** | **Music Group**  **11.30-12.30** |
| **13.00** | Lunch | Lunch | Lunch | Lunch | Lunch |
|  | **Green light (practical OT skills)/OT Workshop**  **14.00-15.00** | **Homework Time**  **Reviews and Therapy time.** | **Free Afternoon** | **Green light (practical OT group)/OT Workshop**  **14.00-15.00** | **Managing Meals**  **14.00-15.00** |
| **16.00** | Snack | Snack | Snack | Snack | Snack |
| **Clubs** | **Baking Club (baking)**  **16.30-17.30** | **Be Creative/Project Club**  **17.30-18.30** |  | **Yoga**  **17.30- 18.15** |  |