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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**  |  |