

# Journeys Daily Schedule

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Holiday
7:00-7:30am	Wake Up & Breakfast	Wake Up & Breakfast	Wake Up & Breakfast	Wake Up & Breakfast	Wake Up & Breakfast			Breakfast 9:00-9:30am
8:00-8:30am	Get ready!	Get ready!	Get ready!	Get ready!	Get ready!			
8:45-10:00am	Goal Group	Goal Group	Goal Group	Goal Group	Goal Group	Breakfast	Breakfast	
10:00-10:50am A group	Exercise Group	Exercise Group	Exercise Group	Exercise Group	Exercise Group	Community Meeting	Community Meeting	Community Meeting
10:00-10:50am B group	Ed Services	Ed Services	Ed Services	Ed Services	Ed Services	Exercise Group	Exercise Group	
11:00-11:40am A group	Ed Services	Ed Services	Ed Services	Ed Services	Ed Services	Group Therapy 10:45-11:30am	Group Therapy 10:45-11:30am	Group Therapy 10:45-11:30am
11:00-11:40am B group	Exercise Group	Exercise Group	Exercise Group	Exercise Group	Exercise Group			
11:45am-12:10pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch 12:30-1:00pm
1:00-1:50pm A group	Recreation Group	Recreation Group	Recreation Group	Recreation Group	Recreation Group			
1:15-2:00pm B group	Ed Services	Ed Services	Ed Services	Ed Services	Ed Services	*REBT Group	*REBT Group	Phone & Visiting Hrs 1:00-8:00pm
2:00-2:50pm A group	Ed Services	Ed Services	Ed Services	Ed Services	Ed Services	Recreation Group	Recreation Group	
2:00-2:50pm B group	Recreation Group	Recreation Group	Recreation Group	Recreation Group	Recreation Group			B group: Recreation Group @ 2:15
3:00-3:45pm	Group Therapy	Group Therapy	Group Therapy	Group Therapy	Group Therapy	Therapeutic Video	Therapeutic Video	A group: Recreation Group @ 3:15
4:00pm	Activities with nursing staff	Activities with nursing staff	Activities with nursing staff	Activities with nursing staff	Activities with nursing staff	Activities with nursing staff	Activities with nursing staff	Dinner Trays Sent @ 4:00pm
4:30-5:00pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
5:15-6:00pm	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Community Mtg.	Community Mtg.	Community Mtg.
6:00-7:00pm	Therapeutic Video	Therapeutic Video	Therapeutic Video	Therapeutic Video	Movie Night 6:00-8:00pm	Therapeutic Video	Therapeutic Video	Activities With Nursing Staff
7:00-8:00pm	Phone Time & Free Time	Phone Time & Visiting Hours	Phone Time & Free Time	Phone Time & Visiting Hours		Phone Time & Visiting Hours	Phone Time & Visiting Hours	
8:00pm	Meds & ADLs	Meds & ADLs	Meds & ADLs	Meds & ADLs	Meds & ADLs	Meds/ADLs	Meds/ADLs	Meds/ADLs
9:00pm	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

**On Tuesday @ 7:00pm a Parent Support Group called “Because I Love You” is offered at this hospital. All parents invited, including after discharge.**

***\*REBT (Rational Emotive Behavioral Therapy)***