Brighton House

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	Breakfast/ Hygiene/Chores	Breakfast/ Hygiene/Chores	Breakfast/ Hygiene/Chores	Breakfast/ Hygiene/Chores	Breakfast/ Hygiene/Chores		
7:30							
8:00						Breakfast/ Hygiene/Chores	Breakfast/Hygiene/ Chores
8:30	DBT Goals Group	DBT Goals Group	DBT Goals Group	DBT Goals Group	DBT Goals Group		
9:00	Process Group	Process Group	School	School	Process Group		
9:30						DBT Goals Group	Music Therapy
10:00						Deep Clean Bedrooms and Common Area	
10:30	School	School	School	School	School		
11:00						Rec Therapy	Deep Clean
11:30	School	School	Lunch/ Study hall	School/ CD Group	School		
12:00							DBTS Skills Group
12:30			School			Lunch/Chores	
1:00	Lunch/ Study hall	Lunch/ Study hall		Lunch/ Study hall	Lunch/ Study hall		Lunch/Chores
1:30			School			Interactive Games Outside Time Life Skill	
2:00	School	School		School	School		Movie/Phone Calls
2:30			School				
3:00	School	School		School	School	Phone Calls Movie	
3:30			School				Study Hall/Journaling
4:00	School	School		School	School		Interactive Games Outside/Gym Time Phone Calls
4:30							
5:00	Dinner/ Therapeutic Homework	Dinner/ Therapeutic Homework	Dinner/Therapeutic Homework	Rec Therapy	Dinner/ Therapeutic Homework	Dinner/Therapeutic Homework	
5:30							Dinner/Chores Til 1815
6:00	Chores	Chores	Chores		Chores	Chores	
6:30	L3 Activity	Level 4 Activity/ Rec Building/ Phone Calls	Inhouse Activity Phone Calls	Dinner/ Chores	L2 Activity/ Phone calls	Therapeutic Yoga	Phone Calls/ AA (Leave@1800)
7:00							
7:30							
20:00	Snack/Hygiene	Snack/Hygiene	Snack/Hygiene	Snack/Hygiene	Snack/Hygiene	Snack/Hygiene	Snack/Hygiene
20:30							
21:00	Goals Group/Meds	Goals Group/Meds	Goals Group/Meds	Goals Group/Meds	Goals Group/Meds	Goals Group/Meds	Goals Group/Meds
21:30	On Beds-Quiet Time	On Beds-Quiet Time	On Beds-Quiet Time	On Beds-Quiet Time	On Beds-Quiet Time	On Beds-Quiet Time	On Beds-Quiet Time
21:45	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out