

Selah House Adult Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
7:00 am	Weights/Meds/Vitals										
7:30 am											
8:00 am	Breakfast										
8:30 am											
9:00 am	Break	Individuals	Homework	Mindfulness	Topic	Visitation	Visitation				
9:30 am	Equine		Free Time	Individuals							
10:00 am	Snack										
10:30 am											
11:00 am	Equine	Individuals	Process Group	Individuals	Cooking Group	Visitation	Visitation				
11:30 am	Lunch										
12:00 pm											
12:30 pm	Lunch										
1:00 pm											
1:30 pm	Individuals	Experiential	Body Image	Family Group	Nutrition	Self-Compassion	Recovery & Relapse Prevention				
2:00 pm						DBT Skills	Guided Journal				
2:30 pm							Meditation				
3:00 pm						Snack	Snack	Snack	Snack	Snack	Snack
3:30 pm	Individuals	Chapel	Individuals	Selah Group	Art Studio	Present Over Perfect	IMPACT Group				
4:00 pm											
4:30 pm											
5:00 pm	Dinner										
5:30 pm											
6:00 pm	Freedom Group	Gratitude Group	Art Studio	Worship Chaplain Individual Sessions	Self-Care Group	Outing	Community Meeting				
6:30 pm	Homework	Homework					Homework	Recreation			
7:00 pm	Snack										
7:30 pm											
8:00 pm	Homework Phone Time Showers				Homework Phone Time Showers		Homework Phone Time Showers				
8:30 pm							Lights Out	Lights Out	Lights Out	Lights Out	Lights Out
9:00 pm											
9:30 pm	Lights Out										
10:00 pm											
10:30 pm	Lights Out				Lights Out						
11:00 pm											