

WILLIAMS HOUSE DAILY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 am	Day Begin Breakfast	Day Begin Breakfast	Day Begin Breakfast	Day Begin Breakfast	Day Begin Breakfast
8:00 – 9:00 am	Open Gym	Open Gym	Open Gym	*Fitness w/ RT (begins at 8:30)	Open Gym
9:00 - 9:30 am	Break/Open Time	Break/Open Time	Break/Open Time	Break/Open Time	Break/Open Time
9:30 am	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group
10:00 - 10:50 am	Self-Care (MHS)	Interpersonal Skills (Melissa)	CBT (Jason)	Making Changes (Jason/MHS)	Life Skills (Melissa)
11:00 - 11:50 am	Making Changes (Jason)	DBT (Angie)	DBT (Jason)	DBT (Angie)	DBT (Melissa)
12:00 pm	Break/Garden	Break/Garden	Break/Garden	Break/Garden	Break/Garden
12:30 pm	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 – 1:50 pm	Expressive	Expressive	Expressive	Expressive	Expressive
2:00 – 2:50 pm	DBT (Melissa)	Recreation Therapy	Spirituality (Rebecca)	Addictions (Gavin)	Drumming (Rebecca)
3:00 – 3:50 pm	Recreation Therapy	Positive Psychology (Noah)	Recreation Therapy	Positive Psychology (Angie)	Recreation Therapy
4:00 – 4:50 pm	Fitness Open Gym	Fitness Open Gym	Fitness Open Gym	Fitness Open Gym	Fitness Open Gym
5:00 pm	Coping Skills (Gavin)	Coping Skills (Gavin)	Coping Skills (Gavin)	Coping Skills (Gavin)	Coping Skills (Gavin)
6:00 pm	Dinner IOP (6:00-7:30)	Dinner	Dinner IOP (6:00-7:30)	Dinner IOP (6:00-7:30)	Dinner
6:30 pm	Wrap Up Group	Wrap Up Group	Wrap Up Group	Wrap Up Group	Wrap Up Group
7:00 pm	Electronics Homework	Electronics Homework	Electronics Homework	Electronics Homework	Electronics Homework
10:30 pm	Return Electronics Quiet Time	Return Electronics Quiet Time	Return Electronics Quiet Time	Return Electronics Quiet Time	Return Electronics Quiet Time

*Indicates shared group - 1 MHS must stay with group leader (gym or Faith Center)

2/20

Williams House at Lindner Center of HOPE / Adult (age 18+) Stabilizing Evaluation and Treatment in a Residential Setting

Main: (513) 536-0537

Toll free: (888) 537-4229

WILLIAMS HOUSE DAILY SCHEDULE

Meals*:

Breakfast 7:15 am

Lunch 12:15 pm

Dinner 5:15 pm

***Ask about Williams House**

Menu Choices

Smoke Break Schedule:

7:00 am – 7:15 am

After breakfast until 8:25 am

10:50 – 11:00 am

After lunch until 1:00 pm

1:50 pm – 2:00 pm

3:50 pm – 4:00 pm

After Dinner

7:30 pm – 7:45 pm

9:00 pm – 9:15 pm

10:00 pm – 10:15 pm

***May use 2 cigarettes**

Per break, and only one form of tobacco use per break.

Electronics Schedule:

Mon – Fri 6:30 am – 8:25 am

Sat/sun 6:30 am – 09:45 am

Mon–Sun 7:00 pm –10:30 pm

IOP:

Mon, Wed, Thurs

6:00 pm – 7:30 pm

Meditation & Yoga

Monday

8:15 AM Yoga

4:00 PM Fitness - Open

Tuesday

8:15 AM *Fitness - Open

4:00 PM *Fitness Movement

Wednesday

8:15 AM *Fitness Yoga

4:00 PM *Fitness Movement

Thursday

8:15 AM *Fitness RT

4:00 PM Fitness Open

Friday

8:15 AM *Fitness, Open

4:00 PM *Fitness Movement

Saturday

8:00 AM *Fitness

***Indicates shared residential group**