



mental health PHP schedule



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM – 9:00 AM	School	School	School	School	School
9:00 AM – 10:00 AM	Equine Therapy	Goal Setting	Meditation / Dual Recovery Group	Life Skills	Adventure Therapy
10:00 AM – 11:00 AM	Equine Therapy	Fitness	Social Skills	Music Therapy	Adventure Therapy
11:00 AM – 12:00 PM	Mindful Eating	Mindful Eating	Mindful Eating	Mindful Eating	Mindful Eating
12:00 AM – 1:00 PM	School	School	School	School	School
1:00 PM – 2:00 PM	Mixed Martial Arts	Psycho education	Nutrition / Meal Planning	Yoga	Fun and Self Esteem
2:00 PM – 3:00 PM	Mixed Martial Arts	Community Meeting	Meditation / Dual Recovery Group	Art Therapy	Weekend Planning / Life Skills
3:00 PM – 4:00 PM	Daily Reflection	Daily Reflection	Daily Reflection	Somatic	Daily Reflection
4:00 PM – 5:00 PM	Study Hall	Study Hall	Study Hall	Study Hall	Study Hall