

Haven House Psychiatric Rehabilitation Day Program

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30-9:00am	Breakfast/Mapping (Café)	Breakfast Buffet/Mapping (Café)	Breakfast/Mapping (Café)	Breakfast Your Way/Mapping (Café)	Breakfast/Mapping (Café)
9:00-10:00am	Music and Reflection (146) Food Service Readiness (Kitchen)	Food Service Readiness Art Workshop (149) Drum Circle (Patio) Open Music (Music Room)	Music and Reflection (146) Independent Living Skills (C. Lab)	Open Computer (135) Health Education (146) Food Service Readiness (Kitchen)	Music and Reflection (146) Food Service Readiness (Kitchen)
10:00-11:00am	Art Directive (149) Anger Management (146/134) Music Education (134/146)	MH Recovery (146) Basic Computer Skills (135) Women's Group (Patio/Cafe) Self-Defense (Patio)	Healthy Living / Wellness (148) Art (149)	Wii Bowling League (146) Basic Computer Skills (135) Fundraising (148)	Philosophy/Spirituality (148) Basic Computer Skills (135) LGBTQIA+ (146)
11:00am-12:00pm	Vocational Skills (146) FSR (Kitchen) Art Directive (149)	Art Directive (149) Peer to Peer (146) FSR (Café)	Open Computer (135) FSR (Kitchen) Open Forum (Patio/Café)	Men's Club (Café/Patio) FSR (Kitchen) Art Studio (149) Newsletter (135)	Social Skills (146) FSR (Kitchen) Art Directive (149) Wellness (Music Room)
12:00-01:00pm	LUNCH/Volunteer task	LUNCH/Volunteer task	LUNCH/ Volunteer task	LUNCH/ Volunteer task	LUNCH/Volunteer task
01:00-2:00pm	Self-Care (Café) Baking (Café) Mixed Media	Recreation Club (Café) Stress Management (146)	Art Studio (Café) Coping Skills Exploration (146)	Emotional Wellness (Café) Art Studio (149)	1 st : Super Friday 2 nd : Super Friday 3 rd : Teambuilding Friday 4 th : Community Meeting
2:00-3:00pm	Program Wrap Up (Café)	Program Wrap Up (Café)	Program Wrap Up (Café)	Program Wrap Up (Café)	Program Wrap Up (Café)