

Haven House Psychiatric Rehabilitation Day Program

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|--|
| 7:30-9:00a | <u>Breakfast/Mapping (Café)</u> | <u>Breakfast/Mapping (Café)</u> | <u>Breakfast/Mapping (Café)</u> | <u>Breakfast/Mapping (Café)</u> | <u>Breakfast/Mapping (Café)</u> |
| 9:00-10:00a (Every Day) Neurodivergence Group | <u>Music and Reflection (146)</u> <u>Art Directive (149)</u> <u>Intro Food Service (Kitchen)</u> | <u>Open Music (134)</u> <u>Art Directive (149)</u> <u>Intro Food Service (Kitchen)</u> | <u>Drum Circle (134/Patio)</u> <u>Public Speaking (135)</u> | <u>Open Music (134)</u> <u>Mindful Meditation (146)</u> <u>Intro Food Service (Kitchen)</u> | <u>Music and Reflection (146)</u> <u>Art Studio (149)</u> <u>Intro Food Service (Kitchen)</u> |
| 10:00-11:00a | <u>Social Skills (146)</u> <u>Basic Computer Skills (135)</u> <u>Music Education (134)</u> | <u>Digital Research Exploration (135)</u> <u>Grief & Loss (146)</u> <u>Mental Health Recovery (134)</u> | <u>Women's Group (146)</u> <u>Men's Group (135)</u> <u>Fine Arts & Crafts (149/Café)</u> | <u>Creative Writing/Newsletter (146)</u> <u>Math/Financing (135)</u> | <u>Coping Skills (134/Café)</u> <u>Vocational Skills (135)</u> <u>LGBTQIA+ (146)</u> |
| 11:00a-12:00p | <u>Basic Education Skills (135/146)</u> <u>Open Art Studio (149)</u> <u>Advanced Food Service (Kitchen)</u> | <u>Spanish (135)</u> <u>Emotional Wellness (146)</u> <u>Advanced Food Service (Kitchen)</u> | <u>Art & Jewelry-Making (149)</u> <u>Exercise & Nutrition (146)</u> <u>Advanced Food Service (Kitchen)</u> | <u>Mental Health Awareness (134)</u> <u>Art Directive (149)</u> <u>Advanced Food Service (Kitchen)</u> | <u>Anger Management (146)</u> <u>Wellness (134)</u> <u>Advanced Food Service (Kitchen)</u> |
| 12:00-01:00p | <u>LUNCH/Community Meeting</u> | <u>LUNCH/Volunteer task</u> | <u>LUNCH/Volunteer task</u> | <u>LUNCH/Volunteer task</u> | <u>LUNCH/Volunteer task</u> |
| 01:00-2:00p | <u>Team-Building Activity (café/146)</u> <u>Baking (Kitchen)</u> | <u>Recreation Club (146)</u> <u>Mixed Media (149)</u> | <u>Workplace Practices (135/147)</u> <u>Open Computer (135)</u> | <u>Party Planning/Fundraising (café)</u> <u>Wii Bowling League (146)</u> | Super Friday Event |
| 2:00-3:00p | <u>Program Wrap Up/ Volunteer Tasks (Café)</u> | <u>Program Wrap Up (Café)</u> | <u>Program Wrap Up (Café)</u> | <u>Program Wrap Up (Café)</u> | <u>Program Wrap Up (Café)</u> |