

Medium Intensity Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
8AM Meditation				
Track 1 8:50AM-10:20AM Medium Intensity <i>Check-In/Process Group</i>	Track 1 and 2 8:50AM-10:20AM Medium Intensity <i>Education</i>	Track 1 8:50AM-10:20AM Medium Intensity <i>Skills Group/Art Therapy</i>	Track 1 and 2 8:50AM-10:20AM Medium Intensity <i>Education</i>	Track 1 9AM-11AM Medium Intensity <i>Process Group/Stress Management</i>
Track 2 8:50AM-10:20AM Medium Intensity <i>Check-In/Process Group</i>		Track 2 8:50AM-10:20AM Medium Intensity <i>Skills Group/Therapeutic Recreation</i>		Track 2 9AM-11AM Medium Intensity <i>Process Group/Employment Skills</i>
Track 1 and 2 10:30AM-Noon Medium Intensity <i>Education</i>	Track 1 10:30AM-Noon Medium Group <i>Skills Group/Employment Skills</i>	Track 1 and 2 10:30AM-Noon Medium Intensity <i>Education</i>	Track 1 10:30AM-Noon Medium Group <i>Skills Group/Therapeutic Recreation</i>	
	Track 2 10:30AM-Noon Medium Group <i>Skills Group/Stress Management</i>		Track 2 10:30AM-Noon Medium Group <i>Skills Group/Art Therapy</i>	
12 Noon- Lunch				
1:30 PM Walmart Trip- Female Clients Only	Track 1 and 2 1:30PM-3:30PM Medium Intensity <i>Process Group with Individual Counselors</i>	1:30 PM Walmart Trip- Male Clients Only	Track 1 and 2 1:30PM-3:30PM Medium Intensity <i>Process Group with Individual Counselors</i>	
5PM-6PM Supper				

Medium Intensity Clients must accumulate fifteen hours of programming each week, including a single hour individual session with an assigned counselor. Tracks are assigned upon admission.