

FP IPD THERAPEUTIC SCHEDULE WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Team meeting 9:00am-9:30am House Meeting 9:30am – 10:10am	Team meeting 9:00am-9:30am House Meeting 9:30am – 10:10am	Team meeting 9:00am-9:30am House Meeting 9:30am – 10:10am	Team meeting 9:00am-9:30am House Meeting 9:30am – 10:10am	Team meeting 9:00am-9:30am House Meeting 9:30am – 10:10am	Team meeting 9:00am-9:30am House Meeting 9:30am – 10:10am	Team meeting 9:00am-9:30am House Meeting 9:30am – 10:10am
TD's -Open Clinic (Nurse) 10:00am-11:00am	TD's 10:00am-11:00am	TD's -Open Clinic (Nurse) 10:00am-11:00am	TD's 10:00am-11:00am	TD's -Open Clinic (Nurse) 10:00am-11:00am	House Meeting 10:30am-11:15am	House Meeting 10:30am-11:15am
Break	Break	Break	Break	Break	Break	Break
Process Group 11:15am – 12:00pm	Dangers of Substances 11:15am – 12:00pm	Process Group 11:15am – 12:00pm	Group Activity 11:15am – 12:00pm	Process group 11:15am – 12:00pm	TD's 11:15am – 12:00pm	TD's 11:15am – 12:00pm
Break	Break	Break	Break	Break	Break	Break
Guided Relaxation 12:15pm – 1:00pm	Group Activity 12:15pm – 1:00pm	Guided Relaxation 12:15pm – 1:00pm	Community Group 12:15pm – 1:00pm	Guided Relaxation 12:15pm – 1:00pm	Brunch 12:15pm – 1:00pm	Bunch 12:15pm – 1:00pm
Lunch – Medication	Lunch – Medication	Lunch – Medication	Lunch – Medication	Lunch – Medication	Lunch – Medication	Lunch – Medication
Health & Wellbeing Workshops 2:30pm – 3:30pm	Cycle of Change 2:30pm – 3:30pm	Group Outing 2:30pm – 3:30pm	What is Recovery? 2:30pm – 3:30pm	Triggers & High Risk Situations 2:30pm – 3:30pm	Workshops Provided by Nurses 2:30pm – 3:30pm	Narcotics Anonymous Presentation 2:30pm – 3:30pm
Break	Break	Break	Break	Break	Break	Break
Group Activity 4:00pm – 5:00pm	Art / Creative Writing 4:00pm – 5:00pm	Group Outing 4:00pm – 5:00pm	Art / Creative Writing Session 4:00pm – 5:00pm	Weekly Review Session 4:00pm – 5:00pm	Group Activity 4:00pm – 5:00pm	Visiting time 3:00pm – 5:00pm

- ▶ Evening meal 5:00pm- 6:00pm
- ▶ Evening activities - films, free time, creative and community activities 6:00pm – 10:00pm
- ▶ Aftercare Group Tuesday 6:30pm-7:30pm
- ▶ Admissions & Doctor Surgery, Alternative Therapies Thursday 9:00am – 12:00pm