

SIBCY HOUSE WEEKEND PROGRAM

	SATURDAY	SUNDAY
7:00 am	Breakfast /Goals group	Breakfast /Goals group
8:00 am	Gym/Fitness	Gym/Fitness
9:00 am	Leave for Outing by 9:30 am	Electronics/Journaling, ERP/DBT Homework, Self-Report Measures
10:00 am	Outing/ Melodic Connections	Church in the Faith Center
11:00 pm	Outing	Rec. Therapy
12:30 pm	Lunch	Lunch
1:00 pm	Theater Group in the Faith Center (Starts at 1:30 pm)	Theater Group in the Faith Center
2:00 pm	Theater Group	Theater Group (Ends at 2:30 pm)
3:00 pm	Electronics/Journaling, ERP/DBT Homework, Self-Report Measures	Electronics/Journaling, ERP/DBT Homework, Self-Report Measures
4:00 pm	Yoga in the Gym	SMART Recovery
5:00 pm	Fitness/Gym	Fitness/gym
6:00 pm	Dinner/Added Electronics	Dinner/Added Electronics
6:30 pm	Wrap Up Group	Wrap Up Group
7:00 pm	Electronics/Journaling, ERP/DBT Homework, Self-Report Measures	Movie Group (MHS)
10:30 pm	Turn in Electronics/ Quiet time	Turn in Electronics/ Quiet time

Please be diligent about collecting electronics prior to patients leaving the unit and at designated times. If patients do not go off unit, they may keep their electronics provided that they are not missing programming.