

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