

NAME: _____
 PHASE: _____
 DATE OF PLAN: _____

**PROGRAMS FOR PEOPLE, INC.
 FRAMINGHAM DAY HOSPITAL**

Effective Week of March 6, 2017

| Time | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | | |
|-------|--|--|---|---|---|---|---|--|--|--|---|--|
| 9:10 | WEEKEND WRAP-UP (9:10-9:45) –Dan - Living Room | | MORNING MEETING (9:10-9:30) -Living Room | | MORNING MEETING (9:10-9:30) -Living Room | | MORNING MEETING (9:10-9:30) - Living Room | | WEEKEND PLANNING (9:10-9:45) – Dan - Living Room | | | |
| 9:30 | | | WALKING GROUP (9:30-9:55) Client Led | | STRENGTH TRAINING (9:30 - 10:00) Jess – Large Group Room | | WALKING GROUP (9:30-9:55) Client Led | | | | | |
| 10:00 | ANGER & DEPRESSION (10:00-11:00) Dan Lg Grp Rm | ACCEPTANCE & SELFESTEEM (10:00-11:00) Katrina Sm Grp Rm | SKILLS & OPPORTUNITIES (10:00-11:00) Tony Living Room | | RELATIONSHIP GROUP (10:00–11:00) Dan Lg. Grp. Rm. | | DUAL RECOVERY (10:00–11:00) Bert SmGpRm | | FAMILY ISSUES (10:00 – 10:50) Jon Large Group Room | | MINDFULNESS (10:00-11:00) Ethan Lg Grp Rm | CREATIVE CRAFTS PROJECT (10:00-11:00) Gretchen Arts Area |
| 10:30 | | | | | | | | | | | | |
| 11:00 | LIFEGROUP (11:05-12:20) Ethan Small Group Room | CREATIVE CRAFTS OPEN STUDIO (11:00-12:00) Gretchen Arts Area | TRANSITIONING THROUGH LOSS 11:00 – 12:00 Jon Small Group Room | | LIFEGROUP (11:05-12:20) Ethan Small Group Room | MANAGING ANXIETY (11:00- 12:00) Jon Lg Group Rm | SPORTS TALK (11:00-12:00) Marc D. Small Group Room | GAMES (11:00-12:00) Sue Art Room | LIFE SKILLS (11:05-12:00) Jess Lg Grp Rm | MAINTAINING SOBRIETY (11:05-12:00) Jon Arts Area | | |
| 12:00 | LUNCH (12:00–1:00) | | LUNCH (12:00–1:00) | | LUNCH (12:00–1:00) | | LUNCH (12:00–1:00) | | LUNCH (12:00–1:00) | | | |
| 12:30 | | | | | | | | | | | | |
| 1:00 | HEALTHY BODY HEALTHY MIND (1:00 –2:00) Laura Living Room | DBT SKILLS (1:00 – 1:50) Jess Lg Grp Rm | VOCATIONAL SEMINAR (1:00-2:00) Tony Sm Grp Rm | SELF AWARENESS (1:00-2:00) Amanda Lg Grp Rm | WOMEN’S GROUP (1:00-2:00) Laura TBD: Lg/Sm Grp Rm | MEN’S GROUP (1:00-2:00) Dan TBD: Lg/Sm Grp Rm | COMMUNITY MEETING (1:00-1:50) Staff & Members Living Room | | CURRENT EVENTS (1:00 – 2:00) Tony Large Group Room | | | |
| 2:00 | STRENGTH TRAINING (2:05-2:55) Jess Lg Grp Rm | | EXPRESSIVE ARTS GROUP (2:00–3:00) Jess Arts Area | LGBT SUPPORT GROUP (2:00-3:00) Katrina Lg Grp Rm | NUTRITION GROUP (2:00–3:00) Erin Arts Area | | GROUP (2:00 – 3:00) Rotating Staff Lg Grp Rm | | WRITING GROUP (2:05-3:00) Dan Arts Area | | | |