## 2 South Unit Psychosocial Programming

(Updated 10.18.23)

Time	Monday	2 South Unit Psychosocial Programming					(Updated 10.18.23)		
Time	monuay	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
8:00am	Breakfast & Fresh Air Kitchen/Terrace	Breakfast & Fresh Air Kitchen/Terrace	Breakfast & Fresh Air Kitchen/Terrace	Breakfast & Fresh Air Kitchen/Terrace	Breakfast & Fresh Air Kitchen/Terrace	Breakfast & Fresh Air Kitchen/Terrace	Breakfast & Fresh Air Kitchen/Terrace		
8:45am	<b>Opening Meeting</b> Living Room (Nursing)	<b>Opening Meeting</b> Living Room (Nursing)	<b>Opening Meeting</b> Living Room (Nursing)	<b>Opening Meeting</b> Living Room (Nursing)	<b>Opening Meeting</b> Living Room (Nursing)				
9:15am	My Recovery Story Group Room (Psychology)	<b>OT Workshop</b> Living Room (Occupational Therapy)	Culture & Mental Health Group Room (Psychology)	<b>Mindfulness Skills</b> Group Room (Psychology)	Exercise Living Room (Occupational Therapy)	<b>Opening Meeting</b> Living Room 9:30a (Nursing)	<b>Opening Meeting</b> Living Room 9:30am (Nursing)		
10:00am					Live Musical Session Living Room (Musician)	Stress Management OT Room (Occupational Therapy)	Sunday Social Living Room (Nursing)		
11:30am	Exercise Kitchen (Occupational Therapy)	<b>Tobacco &amp; Health</b> Group Room (Psychology)	Fall Prevention Kitchen (Occupational Therapy)	Safety Planning OT Room (Social Work)	Digital Mental Health Group Room (Psychology)	Health & Wellness OT Room (Occupational Therapy)			
12:00pm	Lunch & Fresh Air Kitchen/Terrace	<b>Lunch &amp;</b> <b>Fresh Air</b> Kitchen/Terrace	<b>Lunch &amp;</b> Fresh Air Kitchen/Terrace	Lunch & Fresh Air Kitchen/Terrace	Lunch & Fresh Air Kitchen/Terrace	<b>Lunch &amp;</b> Fresh Air Kitchen/Terrace	<b>Lunch &amp;</b> <b>Fresh Air</b> Kitchen/Terrace		
1:00pm	Spirituality & Mental Health Group Room (Spiritual Care)	Meaning & Inspiration Group Room (Spiritual Care)	Dual Recovery Group Room (Psychology)	Community Meeting Living Room (Psychology)	Self-Compassion Skills Group Room (Psychology)	<b>OT Workshop</b> OT Room (Occupational Therapy)	OT Workshop OT Room (Occupational Therapy)		
2:00pm	Healthy Thinking and Living Group Room (Psychology)	DBT Skills Group Room (Psychology)	OT Workshop OT Room (Occupational Therapy)	Health & Wellness OT Room (Occupational Therapy)	Self-Expression OT Room (Occupational Therapy)	<b>Optional Choice</b> OT Room (Occupational Therapy)	<b>Optional Choice</b> OT Room (Occupational Therapy)		
2:45pm	Afternoon Snack & Fresh Air Kitchen/Terrace	<b>Afternoon Snack &amp;</b> <b>Fresh Air</b> Kitchen/Terrace	<b>Afternoon Snack &amp;</b> <b>Fresh Air</b> Kitchen/Terrace	Afternoon Snack & Fresh Air Kitchen/Terrace	Afternoon Snack & Fresh Air Kitchen/Terrace	Afternoon Snack & Fresh Air Kitchen/Terrace	Afternoon Snack & Fresh Air Kitchen/Terrace		
3:00pm	Self-Esteem OT Room (Occupational Therapy)			<b>Peer Support Group</b> Group Room (Peer Specialist)			<b>Sunday Service</b> Group Room (Spiritual Care)		
4:00pm		Sensory Strategies for Coping OT Room (Occupational Therapy)		Relationships & Communication OT Room (Occupational Therapy)					
5:00pm	Dinner & Fresh Air Kitchen/Terrace Addiction & Recovery (7pm) Group Room (AA Volunteers)	Dinner & Fresh Air Kitchen/Terrace Live Musical Session (6pm) Living Room (Musician)	Dinner & Fresh Air Kitchen/Terrace	Dinner & Fresh Air Kitchen/Terrace	Dinner & Fresh Air Kitchen/Terrace	Dinner & Fresh Air Kitchen/Terrace	Dinner & Fresh Air Kitchen/Terrace		
8:00pm	Closing Meeting & Relaxation Living Room (Nursing)	Closing Meeting & Relaxation Living Room (Nursing)	<b>Closing Meeting &amp;</b> <b>Relaxation</b> <i>Living Room (Nursing)</i>	Closing Meeting & Relaxation Living Room (Nursing)					
8:30pm	<b>Evening Snack &amp;</b> <b>Fresh Air</b> Kitchen/Terrace	<b>Evening Snack &amp;</b> <b>Fresh Air</b> Kitchen/Terrace	<b>Evening Snack &amp;</b> <b>Fresh Air</b> Kitchen/Terrace	<b>Evening Snack &amp;</b> <b>Fresh Air</b> Kitchen/Terrace	<b>Evening Snack &amp;</b> <b>Fresh Air</b> Kitchen/Terrace	<b>Evening Snack &amp;</b> <b>Fresh Air</b> Kitchen/Terrace	<b>Evening Snack &amp;</b> <b>Fresh Air</b> Kitchen/Terrace		