

# 2 South Unit Psychosocial Programming

(Updated 10/23/24)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8:00am</b>	<b>Breakfast &amp; Fresh Air</b> Kitchen/Terrace						
<b>8:45am</b>	<b>Opening Meeting</b> Living Room (Nursing)					<b>Personal Time</b>	
<b>9:15am</b>	<b>Healthy Thinking &amp; Living</b> Group Room (Psychology)	<b>OT Workshop</b> Living Room (Occupational Therapy)	<b>Culture &amp; Mental Health</b> Group Room (Psychology)	<b>Coping with Difficult Emotions</b> Group Room (Psychology)	<b>Stress Management</b> Living Room (Occupational Therapy)	<b>Opening Meeting</b> Living Room 9:30am (Nursing)	
<b>10:00am</b>	<b>Morning Self-Directed Activities Time</b>				<b>Live Musical Session</b> Living Room – 10:30am (Musician)	<b>Exercise</b> OT Room (Occupational Therapy)	<b>Sunday Social</b> Living Room (Nursing)
<b>11:30am</b>	<b>Exercise</b> Kitchen (Occupational Therapy)	<b>Tobacco &amp; Health</b> Group Room (Psychology)	<b>Fall Prevention</b> Group Room (Occupational Therapy)	<b>Health &amp; Wellness</b> OT Room (Occupational Therapy)	<b>Digital Mental Health</b> Group Room (Psychology)	<b>Health &amp; Wellness</b> OT Room (Occupational Therapy) --1115am--	<b>Therapeutic Leisure</b> OT Room (Occupational Therapy) --11am--
<b>12:00pm</b>	<b>Lunch &amp; Fresh Air</b> Kitchen/Terrace						
<b>1:00pm</b>	<b>Spirituality &amp; Mental Health</b> Group Room (Spiritual Care)	<b>Meaning &amp; Inspiration</b> Group Room (Spiritual Care)	<b>OT Workshop</b> OT Room (Occupational Therapy)	<b>Community Meeting</b> Living Room (Psychology)	<b>Illness Management &amp; Recovery</b> Group Room (Psychology)	<b>OT Workshop</b> OT Room (Occupational Therapy)	
<b>2:00pm</b>	<b>Dual Recovery</b> Group Room (Psychology)	<b>DBT Skills</b> Group Room (Psychology)	<b>ACT Skills</b> Group Room (Psychology)	<b>Safety Planning</b> OT Room (Social Work)	<b>Mental Wellness</b> Group Room (Psychiatry)	<b>Optional Choice</b> OT Room (Occupational Therapy)	
<b>2:45pm</b>	<b>Afternoon Snack &amp; Fresh Air</b> Kitchen/Terrace						
<b>3:00pm</b>	<b>Self-Esteem &amp; Mental Health</b> OT Room (Occupational Therapy)	<b>Afternoon Self-Directed Activities Time</b>	<b>Meducation</b> Group Room (Psychiatry)	<b>Peer Support Group</b> Group Room (Peer Specialist)	<b>Self-Expression</b> OT Room (Occupational Therapy)	<b>Peer Support Group</b> Group Room (Peer Specialist)	<b>Afternoon Self-Directed Activities Time</b>
<b>4:00pm</b>	<b>Personal Time</b>	<b>Sensory Strategies for Coping</b> OT Room (Occupational Therapy)	<b>Live Musical Session</b> Living Room (Musician)	<b>Dual Recovery</b> OT Room (Occupational Therapy)	<b>Personal Time</b>		
<b>5:00pm</b>	<b>Dinner &amp; Fresh Air</b> Kitchen/Terrace						
	<b>Addiction &amp; Recovery (7pm)</b> Group Room (AA Volunteers)	<b>Evening Games &amp; Puzzles Time</b>					
<b>8:00pm</b>	<b>Closing Meeting &amp; Relaxation</b> Living Room (Nursing)						
<b>8:30pm</b>	<b>Evening Snack &amp; Fresh Air</b> Kitchen/Terrace						

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