

**SAMPLE WEEK – RESIDENTIAL WEEKDAY SCHEDULE**  
**7 Teachings Theme- HONESTY**

**Medicine Wheel Quadrant-MENTAL**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:45 am – 8:00 am	Wake Up/ Medication/ Hygiene/Shower (2 CYWs)	Wake Up/ Medication/ Hygiene/Shower (2 CYWs)	Wake Up/ Medication/ Hygiene/Shower (2 CYWs)	Wake Up/ Medication/ Hygiene/Shower (2 CYWs)	Wake Up/ Medication/ Hygiene/Shower (2 CYWs)
8:00 am – 8:30 am	Breakfast/ Chores (2 CYWs)	Breakfast/ Chores (2 CYWs)	Breakfast/ Chores (2 CYWs)	Breakfast/ Chores (2 CYWs)	Breakfast/ Chores (2 CYWs)
8:30 am – 9:00 am	Morning Smudge / Goal Setting (CYWs)	Morning Smudge / Goal Setting (CYWs)	Morning Smudge / Goal Setting (CYWs)	Morning Smudge / Goal Setting (CYWs)	Morning Smudge / Goal Setting (CYWs)
9:00 am – 12:15 pm	ACTIVITIES FOR FAMILY DAY (CYW)	School (Stacey RR, CYW)	School (Stacey RR, CYW)	School 9:00-10:15 (Stacey RR, CYW) Depart 10:30 Royal Tyrell Museum (CYW)	School (Stacey RR, CYW) NAPI 10:00-12:00 (NAPI Facilitators)
12:15 pm – 1:00 pm	Lunch/Chores (2 CYWs)	Lunch/Chores (2 CYWs)	Lunch/Chores (2 CYWs)	Lunch/Chores (2 CYWs)	Lunch/Chores (2 CYWs)
1:00 pm – 2:00 pm	Activities cont'd	Recreational Activity (CYW)	Recreational Activity Ice Skating (CYW)	Drumheller cont'd (CYW)	NAPI cont'd (CYW)
2:00 pm – 2:30 pm	Activities cont'd	Recreation cont'd	Recreation cont'd	Depart back to SML	NAPI cont'd (CYW)
2:30 pm – 4:00 pm	Group Processing 3:00-4:00 (CYW)	Nutritional Session (Cook)	Life Skills 3:00-4:00 (Stacey RR, CYW)	Departing Back to SML (CYW's)	Nutritional Session (Cook, CYW)
4:00 pm – 5:00 pm	Quiet Time (In-room)	Quiet Time (In-room)	Quiet Time (In-room)	Quiet Time (In-room)	Quiet Time (In-room)
5:00 pm – 5:30 pm	Dinner/Chores (2 CYWs)	Dinner/Chores (2 CYWs)	Dinner/Chores (2 CYWs)	Dinner/Chores (2 CYWs)	Dinner/Chores (2 CYWs)
5:30 pm – 6:00 pm	Recreational Activity (CYW)	Recreational Activity (CYW)	Recreational Activity (CYW)	Recreational Activity (CYW)	Recreational Activity (CYW)
6:00 pm – 7:00 pm	Relapse Prevention – Exercise Activity (CYW)	Seeking Safety (CYW)	Youth Meeting (2 CYWs – monitor)	Cont'd	Group Board games (2 CYWs)
7:00 pm – 8:30 pm	Arts & Crafts (Marie, CYW)	Group Board games (2 CYWs)	Group Board Games (CYW)	Relaxation Therapy (Bernie GE, CYW)	
8:30 pm – 9:00 pm	Snack (2 CYWs)	Snack (2 CYWs)	Snack (2 CYWs)	Snack (2 CYWs)	Snack (2 CYWs)
9:00 pm – 9:30 pm	Sharing Circle (2 CYWs)	Sharing Circle (2 CYWs)	Sharing Circle (2 CYWs)	Sharing Circle (2 CYWs)	Approved Video (2 CYWs)
9:30 pm – 10:00 pm	Hygiene/ Medication (2 CYWs)	Hygiene/ Medication (2 CYWs)	Hygiene/ Medication (2 CYWs)	Hygiene/ Medication (2 CYWs)	
10:00 pm	Lights out (2 CYWs)	Lights out (2 CYWs)	Lights out (2 CYWs)	Lights out (2 CYWs)	
10:00 pm – 11:00 pm					
11:00 pm – 11:30 pm					Hygiene/ Medication (2 CYWs)
11:30 pm					Lights out (2 CYWs)

## SAMPLE WEEK – RESIDENTIAL WEEKDAY SCHEDULE

TIME	SATURDAY	SUNDAY
8:00 am – 10:30 am	Wake Up/ Medication/Hygiene/Shower/Brunch (2 CYWs)	Wake Up/ Medication/Hygiene/Shower/Brunch (2 CYWs)
10:30 am – 11:00 am	Morning Smudge /Goal Setting (2 CYWs)	Morning Smudge /Goal Setting (2 CYWs)
11:00 am – 1:00 pm	Group Session (CYW)	Residents Room Cleaning /Van Clean-up (2 CYWs)
1:00 pm – 3:00 pm	Arts & Crafts (2 CYWs)	Depart for Talisman (Driver, CYW)
3:00 pm – 4:00 pm	Cooking Activity (2 CYWs)	Talisman cont'd
4:00 pm – 5:00 pm	Quiet Time (In-room)	Talisman cont'd
5:00 pm – 5:30 pm	Recreational Activity (2 CYWs)	Depart back to SML
5:30 pm – 6:00 pm	Dinner/Chores (2 CYWs)	Quiet Time (In-room)
6:00 pm – 6:30 pm	Relaxation Exercise (2 CYWs)	Quiet time cont'd
6:30 pm – 7:30 pm	Group Session (CYW)	Dinner/Chores (2 CYWs)
7:30 pm – 8:30 pm	Footbaths (CYW)	Relaxation Techniques (CYW)
8:30 pm – 9:00 pm	Snack (2 CYWs)	Snack (2 CYW)
9:00 pm – 9:30 pm	Sharing Circle (2 CYWs)	Sharing Circle (2 CYWs)
9:30 pm – 10:00 pm	Hygiene/ Medication (2 CYWs)	Hygiene/ Medication (2 CYWs)
10:00 pm	Lights out (2 CYWs)	Lights out (2 CYWs)