

Pathfinder Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	AA/NA As Needed GYM/Breakfast	In Vivo ADL (Clean, Laundry) Breakfast	AA/NA As Needed GYM/ Breakfast	In Vivo ADL (Clean, Laundry) Basketball Breakfast	AA/NA/As Needed GYM/Breakfast	R&R	R&R
9:00	PATH Motivation/ Values/ Weekend Review	Acceptance and Commitment Tx	Professional Development Rounds	Narrative Psychology	PATH Measuring/ Reinforcement Rounds	In Vivo ADL Clean apt./ empty icebox	Prepare for Week
10:00	DBT	Group Psychotherapy	DBT Leslie/Candice/Shawn	Shame Resilience Rounds	Group Psychotherapy	Self Care	Consultation w/ Pastoral Counselor upon request
11:00	Healthy Relationships	Mentalizing & Attachment Weekend Planning	Gender Issues Mens-Women- LGBTQ	Community Meeting	Leveraging Strengths/ CBT	O u t i n g s Volunteer Food Bank BowlingZoo ZooAquarium Aquarium Kickball HMFA, Astros Rockets Rock Gym DiscovGreen Roller Skate Concerts Day Trip Cooking Class Painting Class Pottery Class N A S A	Brunch/Lunch Higher Power Hour
12:00	Lunch	Lunch	Lunch ED Group	Social Integration Community/lunch 12:00-1:00 All Staff	Lunch		
1:00	CD Process Group	Trauma Group	CD Psych Ed	Discover Youston 1-3:30 All staff and clients	Relapse Prevention Planning	Outings Popups FarmerMarket Shopping Park Karaoke AA TMC	Grocery/meal planning & prep calendar plan w Shawn
2:00	Food Bank 2:00-4	Food Bank 2:00-4	Friends for Life 2:00-4	Discover Youston 1-3:30 All staff and clients	Volunteer/Service Work 2:00-4		
3:00	Rounds/ Individual Therapy and Psych Rehabilitation Apts/ Off sight Psychiatry						
4:00	Supported Employment/Supported Education with Study Hall hours for Support/Tutoring, Study Techniques, Career Interests, Resume Development & Review, Job Search, Career Maintenance						
5:00	All Recovery Mtg Pathfinder Rotating Apt. Meal Planning	Workout- RA CommunityDinner/ Cooking/Grocery	Workout- RA Study Hall/Game Night @PF	Workout- RA	Workout- RA		TV/Movie/FB/ Read/Reconnect Week In Review
6:00	Workout- RA Refuge Recovery Indep Dinner/Errands	Rotating Apt. Group Dinner	Independent Dinner/ Errands	Independent Dinner /Errands	Independent Dinner /Errands	Dinner Out	Grp gratitude dinner Client-led
7:00	AA/NA/CODA Leisure Exposure	AA/NA/Alanon AA TMC Leisure Practice	AA/NA/SLAA Leisure Mastery	NA TMC Leisure Maintenance	AA/NA/CA Weekend Kick Off	AA/NA Sat Night Out	AA/NA/Smart Leisure Reconnect