

R-Dojo 9:00	MONDAY 9:00	TUESDAY 9:00	WEDNESDAY 9:00	THURSDAY 9:00	
10:00	Group Therapy	Life Skills Training Prepare Healthy Breakfast	Group Therapy	Health Coaching/Nutrition Jessica	
11:00	11:30 Acudetox Acupuncture	Peer Group Topic	11:30 Acudetox Acupuncture	Peer Group Topic	
12:00	12:15 Lunch	12:00 Individual Sessions and assignments	12:15 Lunch	Lunch	
12:30	12:45 24 Hour Plan	12:30 Individual Sessions and assignments	12:45 Transport to Yoga	12:30 Individual Sessions and assignments	
1:00	Peer Group Topic	1:00 Lunch 1:30 Individual Sessions and assignments	Yoga	Individual Sessions and assignments	
2:00	ACA Group Liz & Art	Relational Mindfulness or Expressive Art or Recreation Therapy/ Field Trips	Yoga	Relational Mindfulness or Expressive Art or Recreation Therapy/ Field Trips	Field Trips: 401, Career Center, Selu, River, Randolph Park
2:45-3		24 Hour Plan	24 Hour Plan	2:30 84 Hour Plan	