

**C Pod Treatment Schedule**

TIME		MONDAY - FRIDAY
6:45-7:15am		Wake-up & ADL's (begins on 11-7)
7:15-7:45am		Clean Rooms
7:45-8:30am		Meds/ADL's/V.S.
8:30-9:00am		Breakfast
9:00-9:45am		Community Mtg/PT Group
9:45-10:00am		Transition Time
10:00-10:50am		School
10:50-11:00am		Transition Time
11:00-11:50am		Process Group
11:50-12:00pm		Transition Time
12:00-12:30pm		Lunch
12:30-12:45pm		Relaxation Time
12:45-1:15pm		Phone/Play Time
1:15-1:30pm		Transition Time
1:30-2:20pm		FREESTYLE GAME Time!
2:20-2:30pm		Transition Time
2:30-3:15pm		Relaxation Time
3:15-4:15pm		Process Group
4:15-4:30pm		Transition Time
4:30-5:00pm		Dinner
5:00-5:15pm		Transition Time
5:15-5:45pm		BLACKTOP or Structured Activity
5:45-6:15pm		PT Group
6:15-6:45pm		Phone/Play Time
6:45-7:15pm		Community Mtg
7:15-7:30pm	Shower Baths Phone Meds	Coloring/TV
7:30-7:45pm		Unit Clean-up
7:45-8:00pm		Independent Reading
8:00pm		HOPE Bedtime
8:30pm		GROWTH Bedtime
9:00pm		RESILIANCE Bedtime
9:30pm		STRENGTH & PRIDE Bedtime

Rooms locked during times marked in grey on schedule

PLEASE SEE DAILY SCHEDULE POSTED ON THE WHITEBOARD FOR ANY CHANGES

\* Special Dinner on Monday Nights at 8:15pm

ON UNIT	KIDS CAFETERIA
Training Room or Outside	Classroom

(Revised 8/7/18)