

Pathfinder Program Schedule

9/15/2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	AA/NA as needed GYM/Breakfast	In Vivo ADLs (Clean, laundry, etc.) Breakfast	AA/NA as needed GYM/Breakfast	In Vivo ADLs (Clean, Laundry) Breakfast	AA/NA/as needed GYM/Breakfast	R+R	R&R
9:00	PATH Group	Acceptance and Commitment (ACT) Group	Professional Development	Narrative Psychology	PATH Group	In vivo ADLs (clean, laundry, etc.)	Prepare for Week
10:00	Group Psychotherapy	Gender Issues Men- Women LGBTQ+	DBT	Group Psychotherapy	DBT	Self-care	Meet w/ Pastor Counselor on request
11:00	Cognitive Behavioral Therapy (CBT) Group	Mentalizing Weekend Planning	Healthy Relationships	Community Meeting (All staff + clients)	Shame Resilience	Outings: Farmers Market Bowling Zoo Aquarium Kickball Museums Food bank Astros game Rockets game Roller skating Beach Cooking class Painting class Pottery class Concert Movies Go Carts	Brunch
12:00	Lunch	Lunch	Lunch 12:30 FAB: Food and Body	Community Lunch (All staff + clients)	Lunch		Outings: Pop-up shops Farmers Market Museums Park Karaoke Golf Tennis Recovery meetings
1:00	Recovery Education 1:00 pm	Trauma Group	Recovery Process 1:15 pm	Discover Youston (All staff + clients)	Recovery Management 1:15 pm		
2:00	RO-DBT	Volunteering/ Vocational Rehab/ Individual Therapy/ Psychiatry appts/ Study hall/Tutoring	Creative Expressions		Volunteering/ Vocational Rehabilitation/ Individual Therapy/ Psychiatry appts		
3:00	Vocational Rehab/ Individual Therapy/ Psychiatry/ Study		Volunteering/ Vocational Rehab/ Individual Therapy/ Psychiatry appts/ Study hall/ Tutoring				
4:00	Writing Workshop	Individual appts					
5:00	All Recovery Meeting 5:15 pm	Community Dinner (Rotating Hosts)	Workout/exercise Study Hall/Game Night	Workout/exercise Cooking/Grocery shopping	Workout/exercise Refuge Recovery 5:45 pm	Grocery/week scheduling/ Meal planning	Grocery/Meal Prep/ Connect w/ peers
6:00	Independent Dinner/ Errands	Recovery meetings Leisure Practice	Independent Dinner/ Errands	Independent Dinner/ Errands	Independent Dinner/ Errands	Dinner out	Cooking Exposure
7:00	Recovery meetings Leisure Exposure	Recovery meetings Leisure Practice	Recovery meetings Leisure Mastery	Workout-RA	Recovery meetings Weekend Kick Off	Recovery meetings Saturday	Recovery meetings Leisure

KEY: Addictions Supported Living/Employment/Education Suggested Wellness/Recreation Suggested Individual Activities Psychoeducation Group Process group