

# Pathfinder Program Schedule

2/2/2022

	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 (Lindsey/Josephine)	ACT Group (Hans/Scott/Jared)	Professional Development (Elizabeth/Josephine) (Lindsey/Bobby)	Narrative Psychology (Kevin/Hans/Jared)	PATH Group (Lindsey/Josephine)	In vivo ADLs (clean, laundry, etc.)	Prepare for Week
10:00	Psychotherapy groups: A (Sharlie/Bianca) B (Kevin/Leslie)	Gender Issues Men (Kevin/Jared) Women (Bianca/Sharlie) LGBTQ+ (Lindsey/ Kate/Alex*)	DBT (Leslie/Shantel/Kate)	Psychotherapy groups: A (Sharlie/ Bianca) B (Kevin/ Leslie)	DBT (Leslie/Shantel/Kate)	Self-care	Meet w/ Pastor Counselor on request
11:00	CBT Group (Elissa/Kate/Claire)	Mentalizing (Kevin/Scott/Jared) Weekend Planning (Kate, Mady)	Healthy Relationships (Sharlie/Bianca)	Community Meeting (All staff + clients)	Shame Resilience (Lindsey/Kate)	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 group (Rachel/Shantel/Leslie)	Community Lunch (All staff + clients)	Lunch		Outings: Pop-up shops Farmers Market Museums Park Karaoke Golf Tennis Recovery meetings
1:00	Recovery Education (Jen/Jared/Kate) 1:00	Trauma group (Elissa/Shantel/Claire)	Recovery Process (Jen/Jared/Claire) 1:15	Discover Youston (All staff + clients)	Recovery Management (Jen/Jared/Claire) 1:15	Museums Food bank Astros game Rockets game Roller skating Beach Cooking class Painting class Pottery class Concert Movies Go Carts	Outings: Pop-up shops Farmers Market Museums Park Karaoke Golf Tennis Recovery meetings
2:00	RO-DBT (Jen, Bianca)	Volunteering/ Vocational Rehab/ Individual Therapy/ Psychiatry appts/ Study hall/Tutoring	Creative Expressions Day Area (Kate/Josephine/Claire)		Volunteering/ Vocational Rehabilitation/ Individual Therapy/ Psychiatry appts		
3:00	Vocational Rehab/ Individual Therapy/ Psychiatry/ Study hall	Psychiatry appts/ Study hall/Tutoring	Volunteering/ Vocational Rehab/ Individual Therapy/ Psychiatry appts/ Study hall/ Tutoring				
4:00		Yoga Group (Lindsey)					
5:00	All Recovery Meeting (Lee) 5:15	Community Dinner (Rotating Hosts)	Workout/exercise Study Hall/Game Night	Workout/exercise Cooking/Grocery shopping	Workout/exercise Refuge Recovery 5:45	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

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8:00							
9:00							
10:00							
11:00				Community Meeting (All staff + clients)			
12:00	Lunch	Lunch	Lunch	Community Lunch (All staff + clients)	Lunch		
1:00				Discover Youston (All staff + clients)			
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							

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