



Example of Youth Weekly Schedule at Fora Health

Times	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am		Wake up and breakfast	Wake up and breakfast	Wake up and breakfast	Wake up and breakfast	Wake up and breakfast	
9am Treatment Groups	Wake up and breakfast	Restorative Justice	A.R.T. Matrix (addictions)	A.R.T. Moral Reasoning	Smoking Cessation/CYT (addictions)	DBT Interpersonal Skills	Wake up and breakfast
10am Education		Language Arts/Math	Language Arts/Math	Language Arts/Math	Language Arts/Math	Language Arts/Math	Family therapy
11am Education		Language Arts/Math	Language Arts/Math	Language Arts/Math	Language Arts/Math	Language Arts/Math	
12pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1pm Treatment Groups		A.R.T. Anger Replacement Therapy	DBT Emotional Regulation	DBT Distress Tolerance	DBT Mindfulness	Life Skills 101	
2pm Education		Fitness/Social Studies	Fitness/Art	Fitness/Social Studies	Fitness/Art	Fitness/Social Studies	
3pm Education		Fitness/Social Studies	Fitness/Art	Fitness/Social Studies	Fitness/Art	Fitness/Social Studies	
4pm		Free Time	Free Time	Free Time	Free Time	Free Time	
5pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6pm-8pm		Family and support calls Shower/fitness Games/movies	Family and support calls Shower/fitness Games/movies	Family and support calls Shower/fitness Games/movies	Family and support Shower/fitness Games/movies	Family and support calls Shower/fitness Games/movies	
8:30pm Treatment Groups		Gratitude Meeting or 12 Step	Gratitude Meeting or 12 Step	Gratitude Meeting or 12 Step	Gratitude Meeting or 12 Step	OFF	
9pm	QTIR	QTIR	QTIR	QTIR	QTIR	QTIR	QTIR