

VISTA PROGRAM SCHEDULE

(All Information and Times Subject to Change)

	MON	TUES	WED	THU	FRI		SAT	SUN
7:00 AM	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up			
7:30 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast			
8:00 AM	GYM 8-10	GYM 8-10	GYM 8-10	GYM 8-10	GYM 8-10	8:00 AM	8 am Wake Up 8:30 am Breakfast	8 am Wake Up 8:30 am Breakfast
9:00 AM						9:00 AM	INDIVIDUAL SESSIONS/ FAMILY SESSIONS 9-10	OFFSITE MEETING (Times may vary) and/or INDIVIDUAL SESSION/ ANCILLARIES
10:00 AM	10:00 AM	INDIVIDUAL SESSION/HOMEWORK/ JOURNALING/FREE TIME 10-11	INDIVIDUAL SESSION/HOMEWORK/ JOURNALING/FREE TIME 10-11	INDIVIDUAL SESSION/HOMEWORK/ JOURNALING/FREE TIME 10-11	INDIVIDUAL SESSION/HOMEWORK/ JOURNALING/FREE TIME 10-11	INDIVIDUAL SESSION/HOMEWORK/ JOURNALING/FREE TIME 10-11		
11:00 AM	11:00 AM	Mindfulness DBT 11-12:30	DISTRESS TOLERANCE DBT GROUP 11-12:30	NUTRITION & JUICING GROUP 11-12:30	INTERPERSONAL EFFECTIVENESS GROUP 11-12:30	MIND, BODY, & SPIRIT GROUP 11-12:30	GYM 10-12	
12:30 PM	12:30 pm Lunch	12:30 pm Lunch	12:30 pm Lunch	12:30 pm Lunch	12:30 pm Lunch	12:30 PM	12:30 pm Lunch	12:30 pm Lunch
1:30 PM	TRAUMA RESILIENCE GROUP 130-3	DARING WAY 130-3	EMOTIONAL REGULATION DBT GROUP 130-3	POWER OF TRAUMA 130-3	LIFE SKILLS 130-3	2:00 PM	DBT SKILL REVIEW 1-230	
3:00 PM	INDIVIDUAL SESSION/HOMEWORK/ JOURNALING/FREE TIME 3-4	INDIVIDUAL SESSION/HOMEWORK/ JOURNALING/FREE TIME 3-4	INDIVIDUAL SESSION/HOMEWORK/ JOURNALING/FREE TIME 3-4	INDIVIDUAL SESSION/HOMEWORK/ JOURNALING/FREE TIME 3-4	INDIVIDUAL SESSION/HOMEWORK/ JOURNALING/FREE TIME 3-4	3:00 PM	STORE RUN/ STRESS TOLERANCE KITS/ COMMUNITY WALKS/ LIFE PROJECTS 3-5	OUTING 3-5
4:00 PM	4:00 PM	PROCESS GROUP 4-5	COMMUNITY MEETING 4-5	GRIEF & LOSS GROUP 4-5	TRAUMA RESILIENCE GROU 4-5	4:00 PM		
5:00PM								
5:30 PM	5:30 pm - Dinner	5:30 pm - Dinner	5:30 pm - Dinner	5:00 pm - Dinner	5:30 pm - Dinner	5:30 PM	5:30 pm - Dinner	5:30 pm - Dinner
6:00 PM	OFFSITE MEETING (Times may vary) or FREE NIGHT	OFFSITE MEETING (Times may vary) or FREE NIGHT	OFFSITE MEETING (Times may vary) or BEACH WALK	OFFSITE MEETING (Times may vary) or GAME NIGHT	MOVIE NIGHT (In House)	6:30 PM	HOMEWORK & JOURNALING OFFSITE MEETING (Times may vary) or FREE NIGHT	HOMEWORK & JOURNALING FREE NIGHT
8:30 PM	EVENING REFLECTION	EVENING REFLECTION	EVENING REFLECTION	EVENING REFLECTION	EVENING REFLECTION	8:30 PM	EVENING REFLECTION	EVENING REFLECTION