

SENIOR HOUSE

MON

TUE

WED

THU

FRI

SAT

SUN

GROUP THERAPY

Emotional Safety, Trauma, Substance, Social Skills, Coping, Music Therapy, Etc.



EXPERIENTIAL THERAPY - *Every Two Weeks*

Activity-based therapy.



INDIVIDUAL THERAPY - *Weekly*

Can be spread to multiple days if needed.



FAMILY THERAPY - *Weekly*

Emotional Safety, Trauma, Substance, Social Skills, Coping, Etc.



COMMUNITY MEETING

Student-lead groups.



RECOVERY GROUP

Substance Use, Group Therapy



FITNESS TRAINING

Swimming, Biking, Running, Weight-training, Spin, Etc.



SERVICE

Community Service



EMOTIONAL SAFETY

Group Therapy, Discussion and Disclosure with Room Mates



RECREATIONAL ACTIVITIES

Highly Planned Excursions (Rotated by Monthly)



FAMILY CALL - *2x Week*

Monitored or private social call to approve friends or family.



ACTIVITIES

Adventure & leisure activities designed to develop new passions.



YOGA

