

# TELOS U

MON

TUE

WED

THU

FRI

SAT

SUN

## GROUP THERAPY

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



Music



Resilience  
Emotional Safety

## EXPERIENTIAL THERAPY - *Every Two Weeks*

*Activity-based therapy.*



## INDIVIDUAL THERAPY - *Bi-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 - *As Scheduled*

*Community Service*



## RECREATIONAL ACTIVITIES

*Highly Planned Excursions (Rotated by Monthly)*



## STUDENT TEAM CALL - *Bi-Weekly*

*Monitored or private social call to approve friends or family.*



## ACTIVITIES

*Adventure & leisure activities designed to develop new passions.*



## YOGA



## ACCESS - COMMUNITY - *Daily Upon Approval*

