



# YOUNG ADULT UNIT

<b>TIME</b>	<b>SAMPLE PROGRAM SCHEDULE</b>
7:30-8:30	BREAKFAST
8:30-9:00	MEDIA TIME
9:00-9:30	COMMUNITY MEETING
9:30-9:45	SNACK
10:00-10:45	EMOTION REGULATION
11:00-11:45	DISTRESS TOLERANCE
12:00-12:45	LUNCH
1:00-1:45	MINDFULNESS
2:00-3:00	INTERPERSONAL EFFECTIVENESS
3:00-3:45	SELF-CARE / EXERCISE
4:00-4:30	FRESH AIR WALK
5:00-5:45	DINNER
6:00-6:45	EXPRESSIVE ARTS
7:00-7:45	LAUGHTER GROUP
8:00-8:45	WRAP UP & SNACK
9:00-9:30	BEDTIME