



	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	8:00							
	9:00	BREAKFAST CLUB	BREAKFAST CLUB	BREAKFAST CLUB	BREAKFAST CLUB	BREAKFAST CLUB	BREAKFAST CLUB	BREAKFAST CLUB
	9:30	Daily check in	Daily check in	Daily check in	Daily check in	Daily check in	Daily check in	Daily check in
	10:00							
	10:30	MINDFULNESS walk, meditation, journal	MINDFULNESS walk, meditation, journal	MINDFULNESS walk, meditation, journal	MINDFULNESS walk, meditation, journal	MINDFULNESS walk, meditation, journal	MINDFULNESS walk, meditation, journal	MINDFULNESS walk, meditation, journal
	11:00	1ST GROUP Get moving	1ST GROUP Social media/sexual health fortnightly rotation	1ST GROUP Ted talk	1ST GROUP Psychosocial monthly rotation (alcohol and other drugs, anxiety management etc.)	1ST GROUP Get moving	1:1 WORK with wellbeing worker	GAMES
11:30								
AFTERNOON AND EVENING	12:00							
	12:30	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	1:00							
	1:30	YOUNG PERSON DOWNTIME (1PM - 3PM)	YOUNG PERSON DOWNTIME (1PM - 3PM)	YOUNG PERSON DOWNTIME (1PM - 3PM)	YOUNG PERSON DOWNTIME (1PM - 3PM)	YOUNG PERSON DOWNTIME (1PM - 3PM)	YOUNG PERSON DOWNTIME (1PM - 3PM)	YOUNG PERSON DOWNTIME (1PM - 3PM)
	2:00							
	2:30							
	3:00	2ND GROUP Arts and craft	2ND GROUP Peer space	2ND GROUP Get moving	2ND GROUP Journal	2ND GROUP Self care		1:1 WORK with wellbeing worker
	3:30						PRACTICE TIME	
	4:00							
	4:30	MINDFULNESS walk, meditation, journalling etc	MINDFULNESS walk, meditation, journalling etc	MINDFULNESS walk, meditation, journalling etc	MINDFULNESS walk, meditation, journalling etc	MINDFULNESS walk, meditation, journalling etc	MINDFULNESS walk, meditation, journalling etc	MINDFULNESS walk, meditation, journalling etc
	5:00							
	5:30						GAMES	PRACTICE TIME
6:00	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	
6:30	Cooking group	Cooking group	Movie night	Cooking group	Cooking group			