

Evolve Griffin Oaks/Ojai
Sample Daily Schedule Monday - Friday

6:30 am

Wake up

7:00 am

Breakfast

7:30 am - 9:00 am

Exercise/Hike

9:30 am – 10:00 am

Personal Hygiene/Meds

Outgoing Call Time

10:30 am

Quiet Reflection/Therapy Board Games/Community Service: Beach Clean-Up/House Meeting

12:00 pm

Lunch/Chores

1:00 pm

School/Treatment Activities

2:00 pm

Process Group/Life After Treatment

3:00 pm

Recreation/Free Time

4:00 pm

Creative Expression/Gardening/Coping Skills/DBT

5:00 pm

Music Interpretation/Yoga/DBT Group/Life Skills

6:00 pm

Dinner/Chores

Incoming Call Time

7:00 pm

Music Group/Self-Assessments/12-Step Meeting/Relapse Prevention/Guided Meditation

8:30 pm

Meds/Journaling/Storytime/Friday Game Night

9:00 pm

Nightly Reflections

9:30 pm

Hygiene/Room Time

10:00 pm

Lights Out

**Evolve Griffin Oaks/Ojai
Sample Daily Schedule: Weekends**

7:30 am

Wake up

8:00 am

Breakfast/Hygiene

9:00 am

Saturday: Off-site Hike/Hygiene/Body Checks

Sunday: Drive to beach/Surf Therapy/Body Checks

12:00 pm

Lunch/Chores

Outgoing Calls

2:00 pm

Saturday: Off-site outing

Sunday: Team Building/AA Panel/Gardening/Therapeutic Correspondence

6:00 pm

Dinner/Chores

Roses and Thorns

7:30 pm

Saturday: Therapy Game Night/Incoming Calls/Anger Management

Sunday: Documentary Night/Group Discussion

9:00 pm

Snack/Hygiene

Nightly Reflections

10:00 pm

Lights Out