



**BRIGHTER DAYS AHEAD**  
A Path to Healing, A Future of Possibilities



**Joint Commission–Accredited  
Residential Treatment Center**  
(HCO ID: 735691)

## Residential Treatment Center Schedule

Time	Monday - Friday	Saturday – Sunday
7:00 – 8:00	Wake Up, Breakfast & Medications	Wake Up, Breakfast & Medications
8:00 – 9:00	School / Education Programming	Morning Group / Activity
9:00 – 9:30	Individual Therapy	Individual Therapy
9:30 – 10:30	DBT/CBT Skills Group	DBT/CBT Skills Group
10:30 – 11:30	Process Group	Process Group
11:30 – 12:30	Lunch	Lunch
12:30 – 2:00	Family Therapy	Family Therapy
2:00 – 3:00	Activity Group	Activity Group
3:00 – 4:00	Psychiatry Session	Psychiatry Session
4:00 – 5:00	Recreation & Free Time	Recreation & Free Time
5:00 – 6:00	Dinner	Dinner
6:00 – 7:00	Wrap-Up Group	Wrap-Up Group
7:00 – 8:00	Evening Group / Activity (Weekday)	Evening Group / Activity <i>Weekend Activity / Movie NVight</i>
8:00 – 9:00	Journaling / Personal Time	Journaling / Personal Time
9:30 – 9:30	Prepare for Bed	Prepare for Bed
9:30 – 10:00	Lights Out, 10:00pm (11am Fr/Sbt)	Lights Out, 10:00pm (Fri/Sat)

[www.brighterday.org](http://www.brighterday.org)

