

# WEEKLY SCHEDULE

**7-9 AM EACH DAY, RISE, SHOWER, BREAKFAST, 'FRESH AIR BREAK',BABY CARE BEFORE 9Am**

**9AM** –meet in living room for statement of intentions and reading

## **MONDAY**

**AM 9:30-11:30 / 12.00 MORNING PROGRAM**

**12 LUNCH**

**PM 5:30 DINNER**

## **TUESDAY**

**AM: 9:30-11:30 TUTORING / RECONNECT**

**\*\*\* DEEP CLEAN DAY \*\*\*\***

**PM 1:00 Programming in house (Safe Care/ MMBOW/Infant Best Practices/My Baby and Me/Simulator Baby)**

**5:30 DINNER**

## **WEDNESDAY**

**AM: 9-11AM VOLUNTEERING every other week and/or Faith Moms group (optional) opposite week/Self-Study**

**PM 1:00 Programming in house (Safe Care/ MMBOW/Infant Best Practices/My Baby and Me/Simulator Baby)**

**PM 5:30 DINNER**

## **THURSDAY**

**AM: 9:30-11:30 TUTORING /RECONNECT**

**12 LUNCH**

**PM 5:30 DINNER**

## **FRIDAY**

**AM 9:30 -11 CHRISTIAN FELLOWSHIP( optional) or Self-Study**

**12 LUNCH**

**PM 5:30 DINNER**

**MOVIE NIGHT SATURDAY**

**CHORES AND ROOM TIDY MUST BE COMPLETE BEFORE OUTINGS/SHOPPING**

## **SUNDAY**

**CHURCH (optional)**

**SHARED LUNCH/AFTERNOON**

**FREE TIME/HOUSE OUTING**

**\*NOTE- bedrooms clean by 2 pm , chores must be completed by 7pm, with the exception of dishwasher and snack dishes. Personal belongings must be cleaned up by 10pm (including strollers) or they will be confiscated.**

**\* REMINDER- DAILY PASS PENDS ON CAS RESTRICTIONS**

**\* ALL APPOINTMENTS MUST BE MADE AROUND FRESH START PROGRAM TIMES AND IN CONSULTATION WITH STAFF**

**\*SMOKING in designated area only. No smoking during meals or programming or while your child is awake and needs your attention.**

**\*CURFEW is 8pm postnatal, 10 pm prenatal. Room curfew is 10pm except Fridays and nights preceding holidays-12 midnight**

Reviewed by resident:\_\_\_\_\_ Date;\_\_\_\_\_

F2M revised August 12,2015