| Time         |                                  |                              |                               |                            |                          |                          |                           |
|--------------|----------------------------------|------------------------------|-------------------------------|----------------------------|--------------------------|--------------------------|---------------------------|
|              | Monday                           | Tuesday                      | Wednesday                     | Thursday                   | Friday                   | Saturday                 | Sunday                    |
| 07:15        | Wake-Up                          | Wake-Up                      | Wake-Up                       | Wake-Up                    | Wake-Up                  | Wake-Up                  | Wake-Up                   |
| 07:30-08:00  | Day Ahead Group                  | Day Ahead Group              | Day Ahead Group               | Day Ahead Group            | Day Ahead Group          | Day Ahead Group          | Day Ahead Group           |
| 8:00-8:30    | Morning Walk                     | Morning Walk                 | Morning Walk                  | Morning Walk               | Morning Walk             | Morning Walk             | Morning Walk              |
| 8:30-9:15am  | Breakfast                        | Breakfast                    | Breakfast                     | Breakfast                  | Breakfast                | Breakfast                | Breakfast                 |
| 9:30-10:00   | Animal feeding                   | Animal feeding               | Animal feeding                | Animal feeding             | Animal feeding           | Animal feeding           | Animal feeding            |
| 10:00-11:00  | Entertainment with Matt          | Vortex with Natasa           | Yoga/Meditation with<br>Petra | Workout with Saud          | Recovery with Reece      | Shopping for clients     | Excursion                 |
| 11:00-12:00  | One on ones/ Assignments         | One on ones/ Assignments     | One on ones/ Assignments      | One on ones/ Assignments   | Client Room Blitz.       | Activity around the farm | Excursion                 |
| 12:00-13:00  | Process group/Community<br>group | Free Time/ Staff Meeting     | One on ones/ Assignments      | One on ones/ Assignments   | One on ones/ Assignments | Activity around the farm | Excursion                 |
| 13:00-14:00  | Lunch                            | Lunch                        | Lunch                         | Lunch                      | Lunch                    | Lunch                    | Lunch outside.            |
| 14:15 -15:30 | Afternoon activity               | Excursion/Outside activity   | Art with Karen                | Excursion/Outside activity | Afternoon activity       | Free time                | Excursion                 |
| 16:00-16:45  | Therapeutic duties               | Therapeutic duties           | Therapeutic duties            | Therapeutic duties         | Therapeutic duties       | Therapeutic duties       | Therapeutic duties        |
| 17:00-18:00  | Free Time                        | Free Time                    | Free Time                     | Free Time                  | Free Time                | Free Time                | BBQ Dinner (Clients cook) |
| 18:00-19:00  | Dinner                           | Dinner                       | Dinner                        | Dinner                     | Dinner                   | Dinner                   | BBQ Dinner (Clients cook) |
| 19:00-19:30  | Closing Group                    | Closing Group                | Closing Group                 | Closing Group              | Closing Group            | Closing Group            | Closing Group             |
| 19:30-20:30  | Games Night                      | Bonfire and Gratitude Circle | Story Slam                    | Movie Night                | Share Circle             | Movie Night              | Free Time                 |
| 20:30-21:00  | Free Time                        | Free Time                    | Free Time                     | Free Time                  | Free Time                | Free Time                | Free Time                 |
| 21:00-21:30  | Journelling                      | Journelling                  | Journelling                   | Journelling                | Journelling              | Journelling              | Journelling               |
| 21:30-22-00  | Bed/Lights Out                   | Bed/Lights Out               | Bed/Lights Out                | Bed/Lights Out             | Bed/Lights Out           | Bed/Lights Out           | Bed/Lights Out            |