

The Daily Schedule:

Woodside operates 24 hours a day/ 7 days a week. We never close.

Monday - Friday

7:30-7:45	Wake up, personal hygiene, clean-up
7:45-8:30	Group A breakfast/group, Group B group/breakfast
8:30-10:30	Academics
10:30-11:30	KiPs, Psycho-education group
11:30-12:30	Group A lunch/physical education, Group B physical education/lunch
12:30-3:30	Academics
3:30-4:00	KiPs, Group
4:00-5:45	Group A free time/dinner/recreation, Group B recreation/free time/dinner
5:45-7:15	Homework, KiPs, hygiene, phone
7:15-8:15	Process group, KiPs, counseling
8:15-8:45	Individual activities
8:45-9:00	Accountability or Good News group
9:00	Bedtime
11:00	Lights out (Sunday through Thursday)

Saturday & Sunday

9:00-9:45	Wake-up/chores/breakfast cart on unit
9:45-10:00	Goals group
10:00-11:00	Game time
11:00-12:00	Psycho educational group
12:00-12:30	Group A lunch/goals accountability, Group B goals accountability/lunch
1:00-2:00	Recreation (no television)
2:00-3:00	Psycho educational group
3:00-4:00	Arts/crafts/specials
4:00-4:15	Check-in group
4:15-4:30	Prepare for meals, personal needs
4:30-5:30	Group A dinner/free time, Group B free time/dinner
5:30-7:00	KiPs, hygiene, phone calls, check ins
7:00-9:00	Movie night (Saturday)
7:00-8:45	Movie/process (Sunday)
8:45-9:00	Sunday- Good News
9:00	Bedtime
12:00	Lights out (Friday and Saturday)