



# IMANI Programme – 2016

Date:

Name:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 07:45	BREAKFAST					SLEEP IN	
07:45 - 08:00	MEDICATION						
08:00 - 08:30	SERENITY GROUP	SERENITY GROUP	SERENITY GROUP	SERENITY GROUP	SERENITY GROUP	07:45 MEDICATION	07:45 MEDICATION
08:30 - 09:00	TD	TD	TD	TD	TD	08:30 BREAKFAST	08:30 BREAKFAST
09:00 - 09:15	COMMUNITY GROUP	COMMUNITY GROUP	COMMUNITY GROUP	COMMUNITY GROUP	COMMUNITY GROUP	SERENITY GROUP	SERENITY GROUP
09:15 - 10:15	CONCERNS GROUP	SCHEMA THERAPY GROUP	VOLUNTEER WORK	GOALS GROUP	DANCE THERAPY	GROUP	VISITORS / FREE TIME
10:15 - 10:30	SNACK						
10:45 - 11:45	11:00 - 12:00 STEP WORK DIETETIC SESSIONS	SCHEMA THERAPY WORK/ WRITTEN WORK	VOLUNTEER WORK	10:45-11:00 P.P. Written Work	BACK TO REALITY	ABA GROUP	VISITORS / FREE TIME
				11:00-12:00 DIETETIC GROUP			
12:00 - 13:00	LUNCH OUTING	STEP WORK GROUP	ART GROUP	ED GROUP	CONTAINMENT GROUP	AFTERCARE	REFLECTIONS GROUP
						WRITTEN WORK	
13:00 - 14:00	LUNCH						
14:00 - 15:00	EMOTIONS AND EATING DISORDERS	ED GROUP	DBT GROUP	POSITIVE PSYCHOLOGY GROUP	WEEKEND BOUNDARIES GROUP	VISITORS / FREE TIME	VISITORS / FREE TIME
15:00 - 15:15	SNACK						
15:15 - 15:30	BODY AFFIRMATIONS AT THE TABLE						
15:30 - 16:30	ART WORK	BODY MOVEMENT	YOGA	BODY MOVEMENT	BAKING / AUDIO	TD	TD
16:30 - 17:00	PEER CHECK IN GROUP						
17:00 - 18:00	STEP WORK					VISITORS / FREE TIME	STEP WORK
18:00 - 18:30	REFLECTION TIME : journal writing, day planning and meal planning						
18:30 - 19:00	SUPPER			17:30 SUPPER	SUPPER		
19:00 - 21:00	19:30-20:30 EDA	19:30-20:30 EDG	STEP 10	18:15-19:15 EDG 20:00 - 21:00 REFLECTION TIME	BONDING	VISITORS / FREE TIME	STEP 10
21:15 - 21:30	SNACK						
21:30 - 22:00	GETTING READY FOR BED: Meditation, Medication, Serenity, Prayer						
22:30	LIGHTS OUT				24:00 LIGHTS OUT		22:30 LIGHTS OUT

Please note that clients should adhere to group and confidentiality rules and need to arrive for group sessions punctually.