

OCD and related disorders services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00-09:00 BREAKFAST	08:00-09:00 BREAKFAST	08:00-09:00 BREAKFAST	08:00-09:00 BREAKFAST	08:00-09:00 BREAKFAST	08:00 BREAKFAST	08:00 BREAKFAST
09:30-10:00 Morning meeting	09:00-10:00 Community meeting	09:30-10:00 Morning meeting	09:30-10:00 Morning meeting	09:30-10:00 Morning meeting		
10:00-11:00 Weekly planning Walker room	10:00-12:00 Ward round	10:00-11:00 Individual therapy or homework	10:00-11:00 Grounding skills	10:00-11:00 Individual therapy or homework	10:30-11:45 Support group Room 7	10:10-11:30 Support group Room 7
11:00-12:00 Individual therapy or homework		11:00-13:00 Exposure group Room?	11:00-12:00 Individual therapy or homework	11:00-13:00 Exposure group Walker room	12:00-13:00 Leisure	12:00-13:00 Yoga therapy
12:00-13:00 LUNCH	12:00-13:00 LUNCH		12:00-13:00 LUNCH		12:00-13:00 LUNCH	12:00-13:00 LUNCH
13:00-14:00 Individual therapy or homework	13:00-14:00 Individual therapy or homework	13:00-14:00 LUNCH	13:00-14:00 Individual therapy or homework	13:00-14:00 LUNCH	14:00-17:00 Individual homework	14:00-17:00 Leisure
14:00-16:00 Exposure group Walker room	14:00-16:00 Exposure group Room?	14:00-15:00 Psych education group	14:00-16:00 OT outing	14:00-15:00 OT skills		
16:00-17:00 Individual therapy or homework	16:00-17:00 Individual therapy or homework	15:30-16:30 Yoga therapy	16:00-17:00 Individual therapy or homework	15:30-16:30 Yoga therapy		
17:00-18:00 DINNER	17:00-18:00 DINNER	17:00-18:00 DINNER	17:00-18:00 DINNER	17:00-18:00 DINNER	17:00-18:00 DINNER	17:00-18:00 DINNER
18:00-19:00 Leisure time	18:00-19:00 Leisure time	18:00-19:00 Leisure time	18:00-19:00 Leisure time	18:00-19:00 Leisure time	18:00 Movie night	
19:00 Reflection space	19:00 Reflection space	19:00 Reflection space	19:00 Reflection space	19:00 Reflection space		