PRIORY

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**		