



Purple = Life Skills
 Blue = Therapeutic
 Green = Social Integration
 Yellow = Health/Wellness
 Orange = Meals

Time	Sunday (10am-6pm)	Monday (9am-5pm)	Tuesday (9am-5pm)	Wednesday (9am-5pm)	Thursday (9am-5pm)	Friday (9am-5pm)	Saturday (10am-6pm)	
9:00	Morning Routine	Business Casual Dress	Boot Camp Morning Routine	Business Casual Dress	Boot Camp Morning Routine	Morning Routine	Morning Routine	
9:45		Meditation	Meditation	Meditation	Meditation	Cardio Crew		
10:00		Execution Planning	YMCA	Money Management Workshop Budget Battle	YMCA 10:15 – 11:30	Art Studio 10:15 – 11:30	Business Meeting	
11:00	Grocery Shopping Publix and Fresh Market	Recovery Focus		Culinary Prep			Recovery Focus	Weekend Extravaganza
12:15	Lunch	Lunch	Lunch	Living on the Spectrum	Lunch	Cooking Workshop	Lunch	
1:45	Social Integration Outing Or Physical Activity	Cooking Workshop	Action Plan Time/ Study Hall	Community Exploration	Action Plan Time/ Study Hall	Life Skills/ Grocery shopping	Action Plan Time/ Study Hall	Social Integration Outing Or Physical Activity
3:00					Relationship Enrichment	Vocational Enhancement	Book Store or Library/ Study Hall	
4:00			Networking Workshop					
5:00	Study Hall/ Lounge time	Exercise at YMCA or TLLC		Cooking Workshop	Express Yourself	Living on the Spectrum		Life Skills: Cleaning

Pasadena Villa is committed to providing the highest quality clinical services; within a physical environment that promotes health/well-being, recovery, and personal motivation. Through the Social Integration Model, clients participate in social, cultural, and recreational activities within the community, which provide real life experiences and coaching in real time. This unique, internally developed program prepares clients for life outside of treatment and for reaching the highest level of individual functioning possible.

Descriptions

Boot Camp:

This is designed to assist with individuals' morning routine. Staff works closely with clients to start their day well, from waking up on time, eating breakfast to taking their medications and organize items they need for the day.

Business Meeting:

This meeting provides an opportunity for clients to reflect and review their progress during the week. It serves as open and supportive forum to share successes and recognize areas for continued growth/development.

Community Exploration:

This workshop promotes learning about opportunities in the community and applying social skills. Clients will research their interests and how they are able to engage in them with others. They are also challenged to learn about new places and expand interest areas.

Cooking Workshop:

During these workshops the focus is to learn and practice the preparation of meals and following a recipe. Education on proper food handling and safety is provided, as well as discussion on nutrition and wellness. The goal is to increase cooking knowledge/skills and diversify the repertoire of simple/basic recipes and advance/complex meals.

Execution Planning:

This is dedicated time to plan appointments, meetings, classes, coursework, etc. SMART goals and planners are utilized – use of apps and other resources are introduced to promote multiple modes of successful planning and increased executive functioning skills.

Express Yourself:

Our newest workshop inspired by client feedback. Clients are able to process their thoughts and feelings through artistic and creative activities, such as journal writing, art, poetry, expressive dance, etc.

Life Skills:

Opportunity with support from staff is provided to work on daily living skills: grocery shopping, cleaning, organizing, managing living environment, etc.

Living on the Spectrum - Asperger's group:

Group members learn to recognize, and cope with behaviors associated with the ASD. During this time Strengths are identified and cultivated to build social skills and meaningful social interactions. The group learns specific skills to enhance Theory of Mind, Executive Functioning, Central Coherence and social skills development.

Meditation:

This is a peaceful way to start the day in which clients are encouraged to focus on positive thoughts and energy while in a serene, welcoming environment.

Money Management:

Budgeting skills are taught and dedicated time to develop and manage a personal budget is provided. This time is used to review expenses, savings, and track finances.

Networking/Resource Building:

This is an opportunity for clients to learn how to build connections in the community. Members gain networking skills, advocacy skills, and increase independence.

Recovery Focus:

An open process group that focuses on psychoeducation, related 12- Step recovery methodologies and relapse prevention planning. Clients explore various ways to apply traditional and nontraditional recovery methods to their own lives. Group topics include process and interpretation of recovery literature, education on the 12-Steps and traditions found in common support groups and the development of relapse prevention planning through sober support systems.

Relationship Enrichment:

Clients learn skills that will help with personal and professional relationships (i.e. friendships, family, dating, and relationships in the school environment and/or workforce).

Study Hall/ Lounge:

This is an opportunity to prepare and get a head start for a productive week. Clients are provided an environment conducive for studying, reading, completing assignments, and organizing their week with support from staff.

Vocational Enhancement: Education provided on resume and cover letter development, learning and practicing interviewing and job hunting skills. Professionalism and etiquette is processed and modeled as well as support for job searching.

Volunteering:

The TLLC provides group volunteering opportunities weekly. Clients are able to volunteer in the community, which leads to the generalization of work skills, work ethics, social interactions, relationships building, networking, community contribution, structure, etc.

Weekend Extravaganza:

This is a dedicated session for planning and organizing activities for the weekend. This session promotes communication, teamwork skills and learning to plan leisure time. Clients also build their executive functioning skills that prepare them for a successful and engaging weekend.

Smoking is restricted while groups are in progress. Please refrain from playing games and watching TV during groups.