

	AM (9-12)	PM (1-3)
Day 1: Monday	Welcome and Introductions Goals and Dreams Family Meeting Safety Check Introduction and Family Practice Snuggle Time Family Connection Activities/6 Rs Structured Playtime Chores (family practice)	
Day 2: Tuesday	The Brain: Effects of Trauma and Healing	Family Skills Practice: <ul style="list-style-type: none"> <li>• Brain Shifters</li> <li>• Felt Safety (6 Foot Rule)</li> <li>• Leadership</li> <li>• Playtime</li> <li>• Co-Regulation</li> </ul>
	Safety: Implementing Felt Safety and Creating a Safety Plan Q&A	
	Schoolwork/homework (during school year) Life skills practice Regulation activities Workbook	
Day 3: Wednesday	Learning options: 1. Trauma Information: First Three Years of Life 2. Therapeutic Language: The Way We Speak Matters  Daily Schedules: Plans for Structure and Routine Q&A	Family Skills Practice: <ul style="list-style-type: none"> <li>• Routines</li> <li>• Chores</li> <li>• Playtime</li> <li>• Connection Activities</li> </ul>
	School work/homework (during school year) Life skills practice Regulation activities Workbook	
	10 Units of Concern: Caring <i>Less</i> to Build Responsibility and Trust  Intentional Nurturing: Creating Attachment Q&A	
Day 4: Thursday	School work/homework (during school year) Life skills practice Regulation activities Workbook	Family Skills Practice: <ul style="list-style-type: none"> <li>• Intentional Nurture</li> <li>• Safety Check</li> <li>• Family Playtime</li> </ul>
	Learning options: 1. Serve and Return Interactions 2. Healing Support Team  Self-Care: Being Your Best Self Q&A	
	Family Goal Setting  Family Meeting (highs and lows)  Preparing to Go Home	
Day 5: Friday	School work/homework (during school year) Life skills practice Regulation activities Workbook	
	Learning options: 1. Serve and Return Interactions 2. Healing Support Team  Self-Care: Being Your Best Self Q&A	
	Family Goal Setting  Family Meeting (highs and lows)  Preparing to Go Home	

Breaks: 10:30AM (snack)      12:00 – 1:00PM (lunch)      2:30PM (snack)

Parents/Adults	Children	Family
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Schedules may change according to the needs of the family. Our goal is to always provide parents and children with the most effective care and learning to help them succeed at home.

Additional persons attending with the family will participate in either the parent sessions or the children's respite program according to the needs of the family and/or learning opportunities needed.

All dietary requirement and food allergies and sensitivities will be accommodated for lunches and snack.