# New Pathways Transitional Housing Program: Sample Weekly Schedule

## PROGRAM HOURS: 24/7 with structured programming during daytime and evenings

### MONDAY

**6:00 - 7:30 AM: Morning Routine**

1. Wake-up and personal hygiene
2. Room cleaning and maintenance
3. Breakfast preparation and cleanup

**7:30 - 8:00 AM: Morning Check-in**

1. Attendance verification
2. Daily goal setting
3. Schedule review and announcements

**8:00 - 12:00 PM: External Appointments/Education**

1. Court appearances as scheduled
2. Educational programs (GED, college classes)
3. Medical/mental health appointments
4. Job interviews/employment

**12:00 - 1:00 PM: Lunch**

1. Meal preparation (rotating responsibility)
2. Community dining
3. Cleanup (rotating responsibility)

**1:00 - 3:00 PM: Life Skills Workshop**

1. Financial Literacy (FDIC Money Smart curriculum)
2. Banking basics
3. Budgeting fundamentals
4. Credit management

**3:00 - 5:00 PM: Individual Case Management**

1. One-on-one sessions with assigned case managers
2. Goal progress review
3. Service coordination
4. Court compliance monitoring

**5:00 - 6:30 PM: Dinner**

1. Meal preparation (rotating responsibility)
2. Community dining
3. Cleanup (rotating responsibility)

**6:30 - 8:30 PM: Community Meeting**

1. House issues and concerns
2. Conflict resolution
3. Recognition of achievements
4. Community-building activities

**8:30 - 10:00 PM: Personal Time**

1. Phone calls to family/support networks
2. Personal hygiene
3. Relaxation/recreation in common areas

**10:00 PM: Curfew Check**

1. Attendance verification
2. Security check
3. Preparation for the next day

### TUESDAY

**6:00 - 7:30 AM: Morning Routine**

1. Wake-up and personal hygiene
2. Room cleaning and maintenance
3. Breakfast preparation and cleanup

**7:30 - 8:00 AM: Morning Check-in**

1. Attendance verification
2. Daily goal setting
3. Schedule review and announcements

**8:00 - 12:00 PM: External Appointments/Education**

1. Court appearances as scheduled
2. Educational programs (GED, college classes)
3. Medical/mental health appointments
4. Job interviews/employment

**12:00 - 1:00 PM: Lunch**

1. Meal preparation (rotating responsibility)
2. Community dining
3. Cleanup (rotating responsibility)

**1:00 - 3:00 PM: Employment Readiness Workshop**

1. Resume building
2. Online job application tutorial
3. Interview skills practice
4. Workplace expectations

**3:00 - 5:00 PM: Individual Appointments**

1. Probation check-ins (on-site or transported)
2. Mental health counseling
3. Substance abuse treatment
4. Educational advising

**5:00 - 6:30 PM: Dinner**

1. Meal preparation (rotating responsibility)
2. Community dining
3. Cleanup (rotating responsibility)

**6:30 - 8:30 PM: Recreational Activity**

1. Group sports or fitness
2. Art/creative expression
3. Community service project
4. Team-building exercises

**8:30 - 10:00 PM: Personal Time**

1. Phone calls to family/support networks
2. Personal hygiene
3. Relaxation/recreation in common areas

**10:00 PM: Curfew Check**

1. Attendance verification
2. Security check
3. Preparation for the next day

### WEDNESDAY

**6:00 - 7:30 AM: Morning Routine**

1. Wake-up and personal hygiene
2. Room cleaning and maintenance
3. Breakfast preparation and cleanup

**7:30 - 8:00 AM: Morning Check-in**

1. Attendance verification
2. Daily goal setting
3. Schedule review and announcements

**8:00 - 12:00 PM: External Appointments/Education**

1. Court appearances as scheduled
2. Educational programs (GED, college classes)
3. Medical/mental health appointments
4. Job interviews/employment

**12:00 - 1:00 PM: Lunch**

1. Meal preparation (rotating responsibility)
2. Community dining
3. Cleanup (rotating responsibility)

**1:00 - 3:00 PM: Conflict Resolution Workshop**

1. Non-violent communication techniques
2. De-escalation strategies
3. Anger management skills
4. Productive problem-solving

**3:00 - 5:00 PM: Computer Lab/Technology Training**

1. Basic computer skills
2. Internet research skills
3. Email and professional communication
4. Online resource navigation

**5:00 - 6:30 PM: Dinner**

1. Meal preparation (rotating responsibility)
2. Community dining
3. Cleanup (rotating responsibility)

**6:30 - 8:30 PM: Credible Messenger Mentoring**

1. Group sessions with mentors who have lived experience
2. Peer support discussion
3. Real-world application of program concepts
4. Motivation and encouragement

**8:30 - 10:00 PM: Personal Time**

1. Phone calls to family/support networks
2. Personal hygiene
3. Relaxation/recreation in common areas

**10:00 PM: Curfew Check**

1. Attendance verification
2. Security check
3. Preparation for the next day

### THURSDAY

**6:00 - 7:30 AM: Morning Routine**

1. Wake-up and personal hygiene
2. Room cleaning and maintenance
3. Breakfast preparation and cleanup

**7:30 - 8:00 AM: Morning Check-in**

1. Attendance verification
2. Daily goal setting
3. Schedule review and announcements

**8:00 - 12:00 PM: External Appointments/Education**

1. Court appearances as scheduled
2. Educational programs (GED, college classes)
3. Medical/mental health appointments
4. Job interviews/employment

**12:00 - 1:00 PM: Lunch**

1. Meal preparation (rotating responsibility)
2. Community dining
3. Cleanup (rotating responsibility)

**1:00 - 3:00 PM: Decision-Making Workshop**

1. Critical thinking skills
2. Consequence evaluation
3. Goal setting and planning
4. Positive choice reinforcement

**3:00 - 5:00 PM: Educational Support**

1. GED preparation
2. College application assistance
3. Vocational training exploration
4. Educational goal planning

**5:00 - 6:30 PM: Dinner**

1. Meal preparation (rotating responsibility)
2. Community dining
3. Cleanup (rotating responsibility)

**6:30 - 8:30 PM: Life Planning Session**

1. Housing search assistance
2. Long-term goal development
3. Support network mapping
4. Transition planning

**8:30 - 10:00 PM: Personal Time**

1. Phone calls to family/support networks
2. Personal hygiene
3. Relaxation/recreation in common areas

**10:00 PM: Curfew Check**

1. Attendance verification
2. Security check
3. Preparation for the next day

### FRIDAY

**6:00 - 7:30 AM: Morning Routine**

1. Wake-up and personal hygiene
2. Room cleaning and maintenance
3. Breakfast preparation and cleanup

**7:30 - 8:00 AM: Morning Check-in**

1. Attendance verification
2. Daily goal setting
3. Schedule review and announcements

**8:00 - 12:00 PM: External Appointments/Education**

1. Court appearances as scheduled
2. Educational programs (GED, college classes)
3. Medical/mental health appointments
4. Job interviews/employment

**12:00 - 1:00 PM: Lunch**

1. Meal preparation (rotating responsibility)
2. Community dining
3. Cleanup (rotating responsibility)

**1:00 - 3:00 PM: Facility Maintenance**

1. Deep cleaning of common areas
2. Yard work and exterior maintenance
3. Inventory of supplies
4. Community responsibility projects

**3:00 - 5:00 PM: Weekly Progress Review**

1. Review of weekly goals
2. Recognition of achievements
3. Planning for the upcoming week
4. Staff feedback session

**5:00 - 6:30 PM: Community Dinner**

1. Special meal preparation (group activity)
2. Community dining with staff
3. Guest speakers or community partners (monthly)
4. Cleanup (group responsibility)

**6:30 - 10:30 PM: Structured Social Activities**

1. Movie night
2. Game night
3. Cultural events
4. Community outings (supervised)

**11:00 PM: Extended Curfew Check (Fridays & Saturdays)**

1. Attendance verification
2. Security check
3. Preparation for the next day

### SATURDAY

**8:00 - 9:30 AM: Morning Routine (Extended)**

1. Wake-up and personal hygiene
2. Room cleaning and maintenance
3. Breakfast preparation and cleanup

**9:30 - 10:00 AM: Morning Check-in**

1. Attendance verification
2. Weekend goal setting
3. Schedule review and announcements

**10:00 AM - 12:00 PM: Life Skills Practice**

1. Cooking class
2. Home maintenance skills
3. Laundry and clothing care
4. Personal health and hygiene

**12:00 - 1:00 PM: Lunch**

1. Meal preparation (rotating responsibility)
2. Community dining
3. Cleanup (rotating responsibility)

**1:00 - 4:00 PM: Community Service/Field Trip**

1. Local volunteer opportunities
2. Educational outings
3. Career exploration visits
4. Recreational activities

**4:00 - 6:00 PM: Family Visitation**

1. Structured family visits when appropriate
2. Family counseling sessions
3. Family education workshops (monthly)
4. Supervised family activities

**6:00 - 7:30 PM: Dinner**

1. Meal preparation (rotating responsibility)
2. Community dining
3. Cleanup (rotating responsibility)

**7:30 - 10:30 PM: Leisure Time**

1. Supervised recreation
2. Movies/Television
3. Games and activities
4. Reading and relaxation

**11:00 PM: Extended Curfew Check**

1. Attendance verification
2. Security check
3. Preparation for the next day

### SUNDAY

**8:00 - 9:30 AM: Morning Routine (Extended)**

1. Wake-up and personal hygiene
2. Room cleaning and maintenance
3. Breakfast preparation and cleanup

**9:30 - 10:00 AM: Morning Check-in**

1. Attendance verification
2. Day planning
3. Schedule review and announcements

**10:00 AM - 12:00 PM: Optional Activities**

1. Religious services (transported if requested)
2. Quiet study time
3. Reading and reflection
4. Physical fitness activities

**12:00 - 1:30 PM: Community Brunch**

1. Special meal preparation (group activity)
2. Community dining
3. Cleanup (group responsibility)

**1:30 - 3:30 PM: Personal Development**

1. Journaling and reflection
2. Individual goal planning
3. Reading and self-education
4. Creative expression

**3:30 - 5:30 PM: Free Time**

1. Phone calls to family/support networks
2. Recreation in common areas
3. Personal projects
4. Rest

**5:30 - 7:00 PM: Dinner**

1. Meal preparation (rotating responsibility)
2. Community dining
3. Cleanup (rotating responsibility)

**7:00 - 8:00 PM: Weekly Preparation**

1. Review of upcoming week's schedule
2. Preparation of clothing/materials needed
3. Setting weekly goals
4. Transportation arrangements for appointments

**8:00 - 10:00 PM: Personal Time**

1. Phone calls to family/support networks
2. Personal hygiene
3. Relaxation/recreation in common areas

**10:00 PM: Curfew Check**

1. Attendance verification
2. Security check
3. Preparation for the next day

### MONTHLY SPECIAL EVENTS

**First Tuesday: Community Partner Night (6:30 - 8:30 PM)**

1. Presentations from community organizations
2. Networking with potential employers
3. Resource fair with service providers
4. Educational and vocational opportunities

**Third Wednesday: Success Celebration (6:30 - 8:30 PM)**

1. Recognition of participant achievements
2. Milestone celebrations
3. Alum speakers
4. Community partner appreciation

**Last Thursday: Transition Planning Workshop (1:00 - 4:00 PM)**

1. Housing assistance
2. Community resource coordination
3. Support network development
4. Post-program connection maintenance