NIGHTLIGHT YOUTH SERVICES- WEEKLY DEVELOPMENT PROGRAM SCHEDULE

WEEK 1 - Substance awareness

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
Morning (0900-1100)	Individual Case Plans Residents Meeting * Mandatory	Substance Awareness 1- My risks, impacts, use	Meetings with OW Hostel Worker, CMHA Housing Search	Substance Awareness (Choice) 3-(1A)-Marijuana 4-(1B)-Tobacco 5-(1C)- Alcohol	Substance Use 6- Overcoming addictions	Supportive Counseling as required Recreational Options Available
Afternoon (1300-1500)	Room Cleaning House Maintenance (Using Maintenance Plan and Daily Work Sheets)	Recreation/ Leisure	Substance Awareness 2- Substance Information	(Power Point) Hygiene Cooking/Baking Program Garbage, Recycling, Organics	Recreation / Leisure	Supportive Counseling as required Recreational Options Available
Evening	Daily Chores Recreation options available	Daily Chores Recreation options available	Daily Chores Recreation options available	Daily Chores Recreation options available	Daily Chores Recreation options available Daily	Daily Chores Recreation options available

NIGHTLIGHT YOUTH SERVICES- WEEKLY DEVELOPMENT PROGRAM SCHEDULE

WEEK 2- Skills for successful living

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
Morning (0900-1100)	Individual Case Plans Residents Meeting * Mandatory	Budgeting and Meal Planning	Meetings with OW Hostel Worker, CMHA Housing Search	Resume Creation and Job Search Strategies	Personal Development and Well Being	Supportive Counseling as required Recreational Options Available
Afternoon (1300-1500)	Room Cleaning House Maintenance (Using Maintenance Plan and Daily Work Sheets)	Recreation/ Leisure	Responsible Social Media	(PowerPoint) Garbage/ Recycling Cooking/Baking Program Garbage, Recycling, Organics	Recreation / Leisure	Supportive Counseling as required Recreational Options Available
Evening	Daily Chores Recreation options available	Daily Chores Recreation options available	Daily Chores Recreation options available	Daily Chores Recreation options available	Daily Chores Recreation options available	Daily Chores Recreation options available

NIGHTLIGHT YOUTH SERVICES- WEEKLY DEVELOPMENT PROGRAM SCHEDULE

WEEK 3- Managing emotions and relating to others

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
Morning (0900-1100)	Individual Case Plans Residents Meeting * Mandatory	Communication and Listening Skills	Meetings with OW Hostel Worker, CMHA Housing Search	Developing Healthy Relationships	Diversity Awareness/ Effects of Discrimination	Supportive Counseling as required Recreational Options Available
Afternoon (1300-1500)	Room Cleaning House Maintenance (Using Maintenance Plan and Daily Work Sheets)	Recreation/ Leisure	Anger Awareness/ Stress Management	(PowerPoint) Preparing Food Safely Cooking/Baking Program Garbage, Recycling, Organics	Recreation/ Leisure	Supportive Counseling as required Recreational Options Available
Evening	Daily Chores Recreation options available	Daily Chores Recreation options available	Daily Chores Recreation options available	Daily Chores Recreation options available	Daily Chores Recreation options available	Daily Chores Recreation options available

NIGHTLIGHT YOUTH SERVICES- WEEKLY DEVELOPMENT PROGRAM SCHEDULE

WEEK 4- My community around me

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
Morning (0900-1100)	Individual Case Plans Residents Meeting * Mandatory	Youth and the Law 1- Police/ Court Matters	Meetings with OW Hostel Worker, CMHA Housing Search	Housing Search Strategies/ Landlord Tenant Relations	Community Resources	Supportive Counseling as required Recreational Options Available
Afternoon (1300-1500)	Room Cleaning House Maintenance (Using Maintenance Plan and Daily Work Sheets)	Recreation/ Leisure	Youth and the Law 2- Legal Information	(PowerPoint) Hygiene Cooking/Baking Program Housing Search Garbage, Recycling, Organics	Recreation / Leisure	Supportive Counseling as required Recreational Options Available
Evening	Daily Chores Recreation options available	Daily Chores Recreation options available	Daily Chores Recreation options available	Daily Chores Recreation options available	Daily Chores Recreation options available	Daily Chores Recreation options available

NIGHTLIGHT YOUTH SERVICES- WEEKLY DEVELOPMENT PROGRAM SCHEDULE

WEEK 5- Living a healthy life

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
Morning (0900-1100)	Individual Case Plans Residents Meeting * Mandatory	Healthy Lifestyle Choices	Meetings with OW Hostel Worker, CMHA Housing Search	Communicable Diseases	Self Esteem	Supportive Counseling as required Recreational Options Available
Afternoon (1300-1500)	Room Cleaning House Maintenance (Using Maintenance Plan and Daily Work Sheets)	Recreation/ Leisure	Sexual Health	(PowerPoint) Garbage/Recycling Cooking/Baking Program Housing Search Garbage, Recycling, Organics	Recreation / Leisure	Supportive Counseling as required Recreational Options Available
Evening	Daily Chores Recreation options available	Daily Chores Recreation options available	Daily Chores Recreation options available	Daily Chores Recreation options available	Daily Chores Recreation options available	Daily Chores Recreation options available