



C.A.L.M. (Crisis Aid for Littles and Moms) HOUSE DAILY Schedule

201 Redwood Ave. Niceville, FL 32578

Revised 12/19/19

7:00 AM	Wake up. Get dressed for the day and make up beds tidy my room.
8:00	Out of room
7:00 to 9:00	Breakfast. Residents will clean up all dishes used by their family and wipe the table and counter tops off and put everything away.
11:00 to 12:30	Lunch. Residents will clean up afterwards
3:30 to 4:30	Class Days are Monday, Tuesday, Wednesday, and Thursday
5:30 to 6:30	Dinner, with full clean up by all residents afterwards
7:00 to 9:00	TV time, baths, clean up toy area before bedtime each evening
8:00	House curfew time
9:30ish	House Alarm will be turned on
10:00	Close of the day, with everyone in their assigned rooms for the night
10:30	Lights out and quiet

Before leaving the Calm House check the calendar by House Manager's Bedroom to see if there is something you need to attend. Black means everyone. Your room color is your schedule.

Sign out on Chalkboard by door and clock before leaving with an estimated time of return.

Additional Notes:

- Residents will be in day clothes when they come out for breakfast every morning.
- Residents understand that all beds will be made up in the morning, either before or right after breakfast
- Residents understand that ALL soiled diapers will be double tied in a plastic grocery bag and taken immediately to the outside garbage.
- NO cell phone conversations are allowed after 10:00 PM.

Be respectful and quiet between 10:00 PM and 7:00 AM. This is sleeping and resting time.