**CALM House Daily Schedule**

**Residents will attend classes for the first 8 weeks on Tuesdays and Thursdays; do not be late for classes. Class schedules will be posted on the Director’s door.**

7:00 AM Wake up, get dressed for the day and make up beds and tidy your 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.

8:00 to 9:00 The Director will use this time to discuss plan of actions. Throughout the day you may have downtime to complete these and class tasks.

9:00 to 12:00 Class time (may vary)

12:00 to 12:45 Lunch - residents will clean up afterwards.

12:45 to 4:15 Class time (may vary)

5:30 Curfew - Must be in the Calm house.

5:30 to 6:30 Dinner and clean up by all residents. No phones during meals.

7:00 to 9:45 TV time, baths, clean up toy area before bedtime each evening.

9:30ish House alarm will be turned on.

10:00 Close of the day, with everyone in their assigned rooms. Weekend nights may vary.

10:30 Lights out and quiet.

**Before leaving the Calm House check the calendar by House Manager’s Bedroom and the Director’s office door to see if there is anything you need to attend.**

**Sign out on the Chalkboard before leaving and provide an estimated time of return.**

**Additional Notes:**

* Residents will be in day clothes when they come out for breakfast in the morning.
* Residents understand that beds will be made up in the morning, either before or right after breakfast.
* Residents understand that soiled diapers will be 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; moms and children are sleeping and resting.