

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.