

Tentative Schedule for Resilient Heart's Life Skills Day Program

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 - 10:00 Physical Activity	9:30 - 10:00 Physical Activity	9:30 - 10:00 Physical Activity	9:30 - 10:00 Physical Activity	9:30 - 10:00 Physical Activity
Break 10:00 - 10:15				
10:15 - 12:15 Life Skills	10:15 - 12:15 Life Skills	10:15 - 12:15 Communication and Social Skills	10:15 - 12:15 Self-care and Self-advocacy	10:15 - 12:15 Activity of Choice
Lunch 12:15- 12:45				
12:45 – 2:00 Life Skills	12:45 – 2:00 Life Skills	12:45 – 2:00 Community Involvement	12:45 – 2:00 Recreation/Field Trips	12:45 – 2:00 Entertainment
Break 2:00 - 2:15				
2:15 - 3:15 Entertainment	2:15 - 3:15 Arts and Crafts	2:15 - 3:15 Entertainment	2:15 - 3:15 Recreation/Field Trips	2:15 - 3:15 Practice Gratitude & Sharing Circles
Chores 3:15 - 3:30 pm				

Operating hours: 9:00 am – 4:00 pm

Programing Hours: 9:30 am – 3:30 pm

For enrollment, please contact intake@resilienthearts.ca or call 403-819-5748

resilienthearts.ca