



**CENTER for PSYCHOLOGICAL
ASSESSMENT & TREATMENT**

ANNOUNCING CPAT'S DAY PROGRAM



OUR NEW BUILDING - 250 ROUTE 28, SUITE 101; BRIDGEWATER, NJ; 908-200-7791

CPAT'S NEW DAY PROGRAM FEATURES A CHOICE OF ACTIVITIES GEARED AT INCREASING INDEPENDENCE BY DEVELOPING SOCIAL SKILLS; ADLs; COMMUNITY-BASED SKILLS; COMMUNITY-BASED SOCIALIZATION; PRE-VOCATIONAL TRAINING; CREATIVITY/ART; YOGA AND DANCE; WOODWORKING; HYPONIC GARDENING; THERAPUTIC HORSEBACK RIDING; AND MORE! WE ARE LOCATED IN CLOSE TO PARKS, THE RARITAN VALLEY COMMUNITY COLLEGE, THE BRIDGEWATER MALL, AND MANY RESTAURANTS AND SHOPS.



**WE HAVE PARTNERED, FOR OUR PRE-VOCATIONAL TRAINING PROGRAM,
WITH CHEF TONY AND HIS STAFF OF THE MARTINSVILLE TAVERN**

www.centerforpsychassessment.com



CENTER for PSYCHOLOGICAL ASSESSMENT & TREATMENT

CPAT VIRTUAL ACTIVITIES SCHEDULE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30-9:00 a.m.	Morning Routine	Morning Routine	Morning Routine	Morning Routine	Morning Routine	
9:00-10:00 10:00-11:00 11:00-12:00	Virtual Program Farm Fresh Chef Tony Woodworks with Colton	Virtual Program Book Club Smiles Healthy Boundaries	Virtual Program Farm Fresh Chef Tony Best Foot	Virtual Program Social/Coffee Hour Fall/Winter Warm Up with Colton	Virtual Program Farm Fresh Chef Tony Fall/Winter Warm Up with Colton	Seasonal activity Date TBD (10:00 -12:00)
12:00-1:00 LUNCH	Lunch on your own	Lunch on your own	Lunch on your own	Lunch on your own	Lunch on your own	
1:00-2:00 2:00-3:30	Weather/News/Sports Pre-vocational (Host with the Most)	Chair Yoga Pre-vocational (Set the Table)	DIY Craft Pre-vocational (Table Setting)	Smiles Pre-vocational (Restaurant Linens)	Weekend Warriors Pre-vocational (Dish Washing)	
3:30-4:30	Progressive Relax	Progressive Relax	Internet/Social Media	Progressive Relax	Progressive Relax	
4:30-6:00 (Optional)	Thinking games, basic math, basic education topics	ASL and Non-verbal communication	Thinking games, basic math, basic education topics	ASL and Non-verbal communication	Thinking games, basic math, basic education topics	

Farm Fresh: Join us in selecting/discussing farm fresh vegetables, fruits, and eggs used by Chef Tony make an interactive basic entrée.
Chef Tony: Using farm fresh produce and ingredients, virtually join our own local Chef (in an actual restaurant) preparing a basic entrée.
Healthy Boundaries: Curriculum-based activity focused on developing and maintaining healthy social boundaries with others.
Book Club: Read and discuss various book characters. Individuals/staff will read one chapter weekly.
Internet/Social Media: Curriculum-based activity focused on appropriate use of Internet and Social Media.
Smiles: Curriculum-based activity focused on understanding emotions in others by determine what different smiles might mean.
Best Foot: Curriculum-based activity focused on wearing appropriate clothes for the season, activity or coordination of colors and *style*.
Weekend Warriors: Determine, using a pre-established and personalized worksheet, activities, and goals to achieve for the weekend.
Pre-vocational (restaurant skills): Series of pre-vocational training topics, delivered virtually at a local restaurant, with the goal of developing skills necessary to eventually work in the restaurant industry.
Seasonal Activity: TBD - depending on the time of year, activity appropriate for the season.
Progressive Relaxation - Finish your day with relaxing music/sounds and techniques to calm your mind and body.