



## **UMOJI Re-Entry Program - Weekly Schedule Catalog:**

### **Category: Core Classes (Teal)**

- **Monday:** Life Skills (9:00 AM - 10:30 AM), Job Readiness (1:00 PM - 2:30 PM)
- **Tuesday:** Financial Literacy (10:00 AM - 11:30 AM), Communication Skills (2:00 PM - 3:30 PM)
- **Wednesday:** Career Counseling (9:00 AM - 10:30 AM), Resume Building (1:00 PM - 2:30 PM)
- **Thursday:** Technology Training (10:00 AM - 11:30 AM), Interview Skills (2:00 PM - 3:30 PM)
- **Friday:** Guest Speaker/Workshop (10:00 AM - 12:00 PM)

### **Category: Self-Care & Well-being (Pink)**

- **Daily:** Morning Routine (7:00 AM - 8:00 AM) - Mindfulness/Meditation (15 mins), Light Exercise (30 mins), Healthy Breakfast
- **Daily:** Evening Routine (9:00 PM - 10:00 PM) - Relaxing activity (reading, journaling), Prepare for sleep
- **Monday/Wednesday/Friday:** Fitness Activity (Gym/Walk/Yoga) (5:00 PM - 6:00 PM)
- **Tuesday/Thursday:** Relaxation/Hobbies (7:00 PM - 8:00 PM)
- **Weekend:** Extended Self-Care (e.g., massage, nature walk) (flexible times)

### **Category: Family/Connection (Blue)**

- **Varying:** Dedicated Family Time (evenings, weekends – schedule as needed)
- **Varying:** Community Support Groups/Meetings (weekly – specific day/time to be determined)



**Category: Life Skills & Practicalities (Orange)**

- **Weekly:** Budgeting/Bill Paying (1 hour – specific day/time)
- **Weekly:** Grocery Shopping (1-2 hours – specific day/time)
- **Bi-Weekly:** Personal Errands (e.g., appointments, post office) (2-3 hours – specific day/time)
- **Monthly:** Program Check-in/Meeting with Case Manager (1 hour)

**Category: Activities & Enrichment (Yellow)**

- **Varying:** Volunteer Work (weekly – flexible hours)
- **Varying:** Creative Activities (e.g., art, music, writing) (weekly – flexible hours)
- **Varying:** Recreational Activities (e.g., sports, games, movies) (weekends)

**Category: Rest & Sleep (Gray)**

- **Daily:** 7-8 hours of sleep (e.g., 11:00 PM - 7:00 AM)

