

Weekday Sample Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00-8:00 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:00-9:00 AM	Health and Wellness or Room Cleaning	Health and Wellness or Room Cleaning	Health and Wellness or Room Cleaning	Health and Wellness or Room Cleaning	Health and Wellness or Room Cleaning
9:15-9:45 AM	Goals and Values Group or Spirituality Group	Goals and Values Group or Spirituality Group	Goals and Values Group or Spirituality Group	Goals and Values Group or Spirituality Group	Goals and Values Group or Spirituality Group
10:00-10:45 AM	Assertive Community Group	Assertive Community Group	Assertive Community Group	Assertive Community Group	Assertive Community Group
11:00 AM-12:15 PM	Psychotherapy Group	Psychotherapy Group	Psychotherapy Group	Psychotherapy Group	Psychotherapy Group
12:15-1:15 PM	Lunch	Lunch	Lunch	Lunch	Lunch
1:15-2:15 PM	Stress Reduction Skills Group	Holistic Therapy Group	Relapse Prevention	Strengths Based Recovery for Men/Women	Strengths Based Recovery for Men/Women
2:30-3:30 PM	Health and Wellness or Expressive Therapy	Health and Wellness or Expressive Therapy	Health and Wellness or Expressive Therapy	Health and Wellness or Expressive Therapy	Health and Wellness or Expressive Therapy
3:45-4:45 PM	Medical Lecture	Recovery Coaching	Nursing Lecture	Health and Wellness Lecture	Dietary Lecture
5:00-6:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner
6:00-6:30 PM	Treatment Reflection Group	Treatment Reflection Group	Treatment Reflection Group	Treatment Reflection Group	Treatment Reflection Group
7:00-8:00 PM	12 Step Meeting	12 Step Meeting	12 Step Meeting	12 Step Meeting	12 Step Meeting
8:30-9:00 PM	Mindfulness-based Stress Reduction Group	Mindfulness-based Stress Reduction Group	Mindfulness-based Stress Reduction Group	Mindfulness-based Stress Reduction Group	Mindfulness-based Stress Reduction Group
11:00 PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

Weekend Sample Schedule - Women

	Saturday	Sunday
7:00-8:00 AM	Breakfast	Breakfast
8:15-9:15 AM	Goals and Values Group or Spirituality Group	Goals and Values Group or Spirituality Group
9:30-11:30 AM	Recovery Essentials Therapy Group	Relapse Prevention Therapy Group
11:45 AM-12:15 PM	Homework Group	Homework Group
12:15 PM	Lunch	Lunch
1:00-2:00 PM	Twelve Step Facilitation Therapy	1:00-1:30 PM After Care Planning Group
2:15-3:15 PM	Recovery-focused Group Study	Self-Awareness Group
3:30 PM	Personal Time & Family Visits (until 5:30)	Personal Time & Family Visits (until 5:30)
4:00-5:00 PM	Recovery Skills Psychoeducation Group	Recovery Skills Psychoeducation Group
5:30 PM	Dinner	Dinner
7:00 PM	12 Step Meeting	12 Step Meeting
8:30-9:00 PM	Mindfulness-based Stress Reduction Group	Mindfulness-based Stress Reduction Group
11:00 PM	Lights Out	Lights Out