SAMPLE OF BAYSIDE MARIN RESIDENTIAL PROGRAM WEEKLY SCHEDULE

TIME	*MONDAY*	*TUESDAY*	*WEDNESDAY*	*THURSDAY*	*FRIDAY*	*SATURDAY*	*SUNDAY*
7:00-7:45	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
7:45-8:15	AM Meditation & Morning Check In	AM Meditation & Morning Check In	AM Meditation & Morning Check In	AM Meditation & Morning Check In	AM Meditation & Morning Check In	**8:00-8:45** Breakfast	**8:00-8:45** Breakfast
8:30-9:15	Individual Sessions	Individual Sessions	Individual Sessions	Individual Sessions	Individual Sessions	Individual Sessions	Individual Sessions
9:30-10:15	Yoga or Recovery Skills Group	Chi Gung	Chi Gung	Yoga or Meditation	Yoga or Meditation	**9:30-10:00** AM Meditation & Morning Check In	**9:30-10:00** AM Meditation & Morning Check In
10:45-12:15	Process Group	Process Group	Process Group	Process Group	Process Group	**10:30-4:00** 1st & 3rd week Family Program -------- 2nd & 4th week Speakers or Groups	**10:30-12:00** 1st & 3rd week Family Program -------- 2nd & 4th week Codependency or Big Book Study
12:15-1:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:45-1:30	Medications & Individual Sessions	Medications & Individual Sessions	Medications & Individual Sessions	Medications & Individual Sessions	Medications & Individual Sessions	**10:30-4:00** 1st & 3rd week Family Program -------- 2nd week Art Therapy/Speaker -------- 4th week Sober Fun	**1:00-3:00** Visitors
1:30-2:30	Tools and Triggers	Recovery for the first Year or Dual Diagnosis Series	Real World Recovery	Recovery Skills: DBT Group	Relapse Warning Signs		
3:30-4:45	Gym or Holistic Therapy Sessions	Gym or Holistic Therapy Sessions	Gym or Holistic Therapy Sessions	Group Acupuncture	Gym or Holistic Therapy Sessions		Family Dynamics Group
4:00-5:00				Gym or Holistic Sessions			
4:30-5:30	Medications	Medications	Medications	Medications	Medications	Medications	Medications
5:00-5:45	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00-7:00	**6-7:15** Men's Meeting or Holistic Therapy Sessions	S.M.A.R.T. Recovery	Phase Group or Holistic Therapy Sessions	Independent Study	Phase Group or Holistic Therapy Sessions	Free Time	Free Time
7:00-8:00	**7:30-8:30** Women's Meeting or Holistic Sessions		Off Site Self-Help Support Group	Off Site Self-Help Support Group	Off Site Self-Help Support Group	Alumni Speaker	**6:30-9:00** MOVIE
8:00-9:00							
9:00-9:30	Closure Group & PM Meditation	Closure Group & PM Meditation	Closure Group & PM Meditation	Closure Group & PM Meditation	Closure Group & PM Meditation	Closure Group & PM Meditation	Closure Group & PM Meditation
9:30-10:30	Free Time & Medications	Free Time & Medications	Free Time & Medications	Free Time & Medications	Free Time & Medications	Free Time & Medications	Free Time & Medications
11:00	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out