Residential Treatment Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am	Breakfast & Medication	Breakfast & Medication	Breakfast & Medication	Breakfast & Medication	Breakfast & Medication	Gym	Gym
7:45am	Meditation & Morning Check-in	Meditation & Morning Check-in	Meditation & Morning Check-in	Meditation & Morning Check-in	Meditation & Morning Check-in		
8:00am						Breakfast & Medication	Breakfast & Medication
8:30am	Individual Sessions	Individual Sessions	Individual Sessions	Individual Sessions	Individual Sessions	Meditation & Morning Check-in	Meditation & Morning Check-in
9:30am	Yoga or Recovery Skills Group	Qi Gong/ Tai Chi	Qi Gong/ Tai Chi	Yoga or Meditation		Individual Sessions	
10:00am					Yoga (on non-family program weeks) Weeks 1 & 3: Family Program Weeks 2 & 4: Process Group	Weeks 1 & 3: Family Program Weeks 2 & 4: Art Therapy or Other Group	Weeks 1 & 3: Family Program Weeks 2 & 4: Al-Anon or Other Group
10:45am	Process Group	Process Group	Process Group	Process Group			
12:15pm	Lunch & Medication	Lunch & Medication	Lunch & Medication	Lunch & Medication	Lunch & Medication	Lunch & Medication	Lunch & Medication
12:45pm	Individual Sessions	Individual Sessions	Individual Sessions	Individual Sessions	Weeks 1 & 3: Family Program Weeks 2 & 4: Dual Diagnosis &/or Addiction Education	Weeks 1 & 3: Family Program Weeks 2 & 4: Sober Fun Activities	Weeks 1 & 3: Family Program Weeks 2 & 4: Visiting Hours 1:00-3:00pm
1:00pm							
1:30pm	Dialectical Behavioral Therapy (DBT) Skills Grp.	Relapse Prevention Skills Group	Real World Recovery	Dual Diagnosis &/or Addiction Educ.			
3:30pm	Gym or Holistic Therapy Sessions	Gym or Holistic Therapy Sessions	Gym or Holistic Therapy Sessions	Group Acupuncture, Gym or Holistic Sess.			Spiritual Principles Group
5:00pm	Dinner & Medication	Dinner & Medication	Dinner & Medication	Dinner & Medication	Dinner & Medication	Dinner & Medication	Dinner & Medication
6:00pm	Men's AA Meeting	Independent Study	Phase Group	Independent Study	Independent Study	Independent Study	
6:30pm							Movie Night
7:00pm		12-Step Meeting	12-Step Meeting	SMART Recovery Meeting	12-Step Meeting	Alumni Speaker	
7:30pm	LifeRing Meeting						
8:00pm							
9:00pm	Closure Group	Closure Group	Closure Group	Closure Group	Closure Group	Closure Group	Closure Group
9:30pm	Free Time & Medication	Free Time & Medication	Free Time & Medication	Free Time & Medication	Free Time & Medication	Free Time & Medication	Free Time & Medication
11:00pm	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out