

Bridge Program Schedule*

Group Schedule Subject To Change, Please See Board for Updated Daily Schedule

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00-6:50am	Gym (NS)	Gym (NS)	Gym (NS)	Gym (NS)	Gym (NS)	Gym (NS)	Gym (NS)	
7:40-8:15am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
8:00--8:50am	Walking Group	Walking Group	Walking Group	Walking Group	Open Gym (NS) 8:30-9:15 Walking Group	Walking Group	Walking Group	
9:00--9:50am	Open gym (NS)	LGBTQ+ group with Annie	Trauma Psychoeducation - Megan	Mentalizing & Attachments - Harrell	Trauma & recovery - Elissa	DBT with Annie	Bridge Pool (summer) - Ashley	
10:00--10:50am	RO DBT with Brenda	Group Psych- Joeall & Rachel	Trauma Sensitive Yoga with Lindsay	Shame Resilience- Joeall & Rachel	Group Psych- Joeall & Rachel	CBT Application - Tyne	Recovery Education - Andre	
11:00--11:50am	Rewind & Reset - Compulsive behaviors & Anxiety - Dalanna	Relationships & Family Dynamics with Annie	Community Meeting	Narrative with Annie & Rachel	Wellness goals & applications with Kelly	Jewelry Making- Craft room	Christian Service	
11:30 AM-1:00 pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
1:00--1:50pm	ACT with Mychal	Return to Purpose with Tyne	CBT with Elissa	Leisure education or programming/Pet Therapy 3rd of Month - Ashley	Outing - rotating (within this time frame)	Recovery Maintenance - Diane	Recovery Jumpstart - Gordon/boardroom	
2:00--2:50pm	Addiction Education - Diane	DBT with Rachel	Addiction Process Group - Diane	Nursing Group		Crafts OR Therapeutic gardening with Ashley & Kelly	Leisure/Open Gym (NS)	Rotating: Community outing OR Nature + Self (Kelly)
3:00--3:50pm	Orientation & Q/A with RA's	Crafts with Ashley (craft room)	Music Therapy group - Marta & Chris	Open Gym (NS)		Leisure/Open Gym (NS)	Leisure	Grief Transitions - Rev. Del Mundo
4:00--4:50pm		Outcomes Group - Chris Frazier	Creative Expressions - Ashley	Leisure		Smart Recovery	Leisure/Open Gym (NS)	Leisure/Open Gym (NS)
5:00-6:00pm	Dinner	Community Dinner	Dinner	Dinner		Dinner	Dinner	Dinner
6:00--6:50pm	Narcotics Anonymous	Yoga with Rec Therapy	Values & Meaning Group - Rev. Del Mundo	Refuge Recovery (boardroom)	Rec therapy or pool - Ashley	NAMI (6-7:30)	Friday Night Traditions	Orientation & Guidelines with RA
7:00--7:50pm	Community Leadership	Open Gym (NS)	Adult Children of Alcoholics	Leisure	Alcoholics Anonymous		Narcotics Anonymous 7:30-8:30	Leisure
8:00--8:50pm	Leisure	Homework/group study	Open Gym (NS)	Homework/group study	Leisure	Leisure	Leisure	Goals review with RA's
9:00-9:30pm	Yoga/Mindfulness	Yoga/Mindfulness	Yoga/Mindfulness	Yoga/Mindfulness	Yoga/Mindfulness	Yoga/Mindfulness	Yoga/Mindfulness	Open Gym (NS)
								Smart Recovery
								Homework/group study
								Necessity Shopping
								Interfaith Service
								Alcoholics Anonymous
								Gym (NS)

Open Process group - consult team for readiness

- Mood and Anxiety
- Addiction
- Trauma
- Emotion Regulation
- Overcontrol/RO
- Core Groups - all
- Rec Therapy