

Residential Program Schedule*															
Group Schedule Subject To Change, Please See Board for Updated Daily Schedule															
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
7:40-8:15 am	Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		
8:00--8:50am	Walking Group		Walking Group		Walking Group		Walking Group		Walking Group		Walking Group		Walking Group		
9:00--9:50am	Rounds or open gym		Trauma Sensitive Yoga with Lindsay		Mentalizing & Attachments - Harrell		Rounds or open gym	Trauma & recovery w/ Elissa	RO Hwk review- Elissa or fellow	LGBT Group - Annie	Pool time with Rec Therapy		Bootcamp with Rec Therapy		
10:00--10:50am	Relationships & Family Dynamics with Annie		Group Psych 1	Group Psych 2- Joeall	Narrative with Annie		Group Psych 1 -	Group Psych 2 - Joeall	Shame Resilience- Joeall		CBT Application - Tyne		Recovery Education - Andre		
11:00--11:50am	Trauma Psychoed - Megan	Food & Body (FAB) group - Elizabeth and Rachel	DBT Annie	RO-DBT w Brenda	Community Meeting		DBT w Laquinta/Alicia		Meditation Group - Avani		Nursing Group	Outing (1-2 outings, within these time frames)	Christian Service		
12:20-1:00 pm	Lunch		Lunch		Lunch		Lunch	Outing - rotating (within this time frame)	Lunch		Lunch		Lunch		
1:00--1:50pm	ACT with Mychal		Return to Purpose - Tyne		ACT w/ Mychal & Kenya		Leisure education or programming/Pet Therapy 3rd of Month		CBT with Elissa		Recovery Jumpstart - Gordon/boardroom		Interfaith Service	Outing (within this timeframe)	
2:00--2:50pm	Addiction Education - Diane		Nursing Group		Addiction Process Group - Diane		Nursing Group		Leisure/Yoga - Kallie		Leisure/Open Gym		Alcoholics Anonymous or gym		
3:00--3:50pm	Yoga with Rec Therapy		Crafts with rec OR Business hours with Tyne		Music Therapy group - Marta & Chris		Open gym		Recovery Maintenance - Diane	Leisure/Open Gym			Grief Transitions - Rev. Del Mundo		
4:00--4:50pm	Business hours		Outcomes Group - Chris Frazier		Creative Expressions				Smart Recovery	Leisure/Open Gym	Leisure/Open Gym	Leisure/Open Gym			
5:15-6:00 pm	Dinner		Dinner		Dinner		Dinner		Dinner		Dinner	Dinner			
6:00--6:50pm	Narcotics Anonymous	Leisure/Open Gym	Business hrs	Outing (errands)	Values & Meaning Group - Rev. Del Mundo	Refuge Recovery (boardroom)	Pool time	NAMI	Friday night traditions: Movie night, poetry, spa night, etc		Goals review				
7:00--7:50pm	Community Leadership		Open Gym or Business hrs		Adult Children of Alcoholics		Alcoholics Anonymous	Narcotics Anonymous 7:30-8:30		Leisure		Leisure		Leisure/Open Gym	Smart Recovery
8:00--8:50pm	Leisure		Leisure/gym OR Business hrs		Leisure/Open Gym		Leisure		Leisure		Leisure/Open Gym				
9:00-9:30pm	Yoga/Mindfulness		Yoga/Mindfulness		Yoga/Mindfulness		Yoga/Mindfulness		Yoga/Mindfulness		Yoga/Mindfulness		Weekend Review		