



Transitional Program Schedule Mon-Fri

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM		Yoga 9:00am		Meditation 9:00am			
9:30 AM	Group 9:30am		Group 9:30am		Group 9:30am		
10:00 AM	Cognitive Behavior	Break	Anger Mngment	Break	Mindfulness		
10:15 AM		Group 10:15am		Group 10:15am			
10:50 AM	Break	12 Step Topics	Break	Relapse Prevntion	Break		
11:05 AM	Group 11:05am		Group 11:05am		Group 11:05am		
11:15 AM	Life Skills	Break	Process	Break	Relationships		
11:30 AM		Group 11:30am		Group 11:30am			
12:00 PM		DBT Skills		Spirituality			
12:30 PM	Lunch	Lunch	Lunch	Lunch	Lunch		
1:00 PM	Return Home	Return Home	Return Home	Activity	Return Home		
4:00 PM	Job Search/Work School Volunteer	Job Search/Work School Volunteer	Job Search/Work School Volunteer		Job Search/Work School Volunteer		
6-9 PM	Outside 12 Step Meeting	Outside 12 Step Meeting	Outside 12 Step Meeting	Outside 12 Step Meeting	Outside 12 Step Meeting	Outside 12 Step Meeting	Outside 12 Step Meeting
*Must attend a minimum of 5 outside 12 step meetings per week.							