



## Transitional Program Schedule Mon, Wed, Fri

|  | Monday                                 | Tuesday                                | Wednesday                  | Thursday                               | Friday                                 | Saturday                               | Sunday                                 |                 |               |
|--|--|--|----------------------------|--|--|--|--|-----------------|---------------|
| <b>9:00 AM</b>   |  | Job Search/Work<br>School<br>Volunteer |                            | Job Search/Work<br>School<br>Volunteer |  | Job Search/Work<br>School<br>Volunteer | Job Search/Work<br>School<br>Volunteer |                 |               |
| <b>9:30 AM</b>   | Group 9:30am                           |  | <b>10:00 AM</b>            |  | Group 9:30am                           |  |  | <b>10:00 AM</b> | Group 9:30am  |
| <b>10:15 AM</b>  | Cognitive Behavior                     |  | <b>10:15 AM</b>            |  | Anger Mngment                          |  |  | <b>10:15 AM</b> | Mindfulness   |
| <b>10:50 AM</b>  | Break                                  |  | <b>10:50 AM</b>            |  | Break                                  |  |  | <b>10:50 AM</b> | Break         |
| <b>11:05 AM</b>  | Group 11:05am                          |  | <b>11:05 AM</b>            |  | Group 11:05am                          |  |  | <b>11:05 AM</b> | Group 11:05am |
| <b>11:15 AM</b>  | Life Skills                            |  | <b>11:15 AM</b>            |  | Process                                |  |  | <b>11:15 AM</b> | Relationships |
| <b>11:30 AM</b>  |  |  | <b>11:30 AM</b>            |  |  |  |  | <b>11:30 AM</b> |               |
| <b>12:00 PM</b>  |  |  | <b>12:00 PM</b>            |  |  |  |  | <b>12:00 PM</b> |               |
| <b>12:30 PM</b>  | Lunch                                  |  | <b>12:30 PM</b>            |  | Lunch                                  |  |  | <b>12:30 PM</b> | Lunch         |
| <b>1:00 PM</b>   | Return Home                            |  | <b>1:00 PM</b>             |  | Psych Visits                           |  |  | <b>1:00 PM</b>  | Return Home   |
| <b>2:00 PM</b>   | Job Search/Work<br>School<br>Volunteer | <b>2:00 PM</b>                         | Return Home                | <b>2:00 PM</b>                         | Job Search/Work<br>School<br>Volunteer |  |  |                 |               |
| <b>6-9 PM</b>  | Outside<br>12 Step Meeting             | Outside<br>12 Step Meeting             | Outside<br>12 Step Meeting | Outside<br>12 Step Meeting             | Outside<br>12 Step Meeting             | Outside<br>12 Step Meeting             | Outside<br>12 Step Meeting             |                 |               |
| *Must attend a minimum of 5 outside 12 step meetings per week. |  |  |                            |  |  |  |  |                 |               |