



Residential Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM						*Alternating Saturdays Family Group 10:00am to 3:00pm	
9:30 AM	Group 9:30am Womens Gender	Men 9:30am Recreation	Group 9:30am Meditation	Women 9:30am Recreation	Group 9:30 am Womens Gender	Men 9:30am Recreation	
10:00AM		Break	Mens Media	Break		Group 10:00am Educational or Life Skills	
10:15 AM		Group 10:15am		Group 10:15am		Break	Church 11:00am
11:00AM	Group 11:00am Mens Gender	Women 11:00am Recreation	Group 11:00am Womens Media	Men 11:00am Recreation	Group 11:00 am Mens Gender	Women 11:00 am Recreation	Softball 11:00am
11:15 AM		DBT Skills		Spirituality		Break	
11:30 AM		Break		Break		Yoga 11:30am	
12:00 PM		Group 11:30am 12 Step Topics		Group 11:30am Relapse Prevntion			Family Visitation [if elegend and approved]
12:30 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	12:00 to 5:00 pm
1:00 PM	Group 1:00 pm Relationships	Group 1:00 pm Rock to Recovery	Group 1:00 pm Accountability	Group 1:00pm Orientation Workbook	Group 1:00 pm Coping Skills	Group 1:00pm Forgiveness	
2:15PM	Return Home		Return Home	*Bring Workbook	Return Home		
2:30 PM						Return Home	
3:00 PM		Return Home		Return Home			
5:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
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