

Daily Schedule



Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up
7:15-7:30AM	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air
7:30-8:00AM	Breakfast Time	Breakfast Time	Breakfast Time	Breakfast Time	Breakfast Time	Breakfast Time	Breakfast Time
8:00-8:15AM	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air
8:30-9:00AM	Medication/ Personal time	Medication/ Personal time	Medication/ Personal time	Medication/ Personal time	Medication/ Personal time	Medication/ Personal time	Medication/ Personal time
9:00-9:30AM	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation
9:30-9:45AM	Fresh Air Break	Fresh Air Break	Fresh Air Break	Fresh Air Break	Fresh Air Break	Fresh Air Break	Fresh Air Break
10:00-10:45AM	Counselor Group	Counselor Group	Counselor Group	Counselor Group	Counselor Group	Fun In Recovery	Spirituality
10:45-11:00AM	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air
11:00-11:45AM	Counselor Group	Counselor Group	Counselor Group	Counselor Group	Counselor Group	Life Skills	Life Skills
12:00-12:30PM	Lunch Time	Lunch Time	Lunch Time	Lunch Time	Lunch Time	Lunch Time	Lunch Time
12:30-12:45PM	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air
1:00-1:45PM	Medication/ Personal time	Medication/ Personal time	Medication/ Personal time	Medication/ Personal time	Medication/ Personal time	Medication/ Personal time	Medication/ Personal time
1:45-2:00PM	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air
2:00-2:45PM	Life Skills Group	Life Skills Group	Life Skills Group	Yoga - 2nd Floor	Life Skills Group	Life Skills Group	Yoga - 2nd Floor
2:45-3:00PM	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air
3:00-3:45PM	Counselor Group	Counselor Group	Counselor Group	Counselor Group	Counselor Group	Relapse Prevention	Relapse Prevention
3:45-4:00PM	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air
4:00-4:45PM	Relapse Prevention	Relapse Prevention	Relapse Prevention	Relapse Prevention	Fun In Recovery	Recovery/Rec time	Fun in recovery
5:00-5:30PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:45-6:00PM	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air
5:30-6:30PM	Medication	Medication	Medication	Medication	Medication	Medication	Medication
6:30-6:45PM	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air
7:00-8:00PM	12 Step Meeting	12 Step Meeting	12 Step Meeting	12 Step Meeting	12 Step Meeting	12 Step Meeting	12 Step Meeting
8:00-8:30PM	Wrap Up Group	Wrap Up Group	Wrap Up Group	Wrap Up Group	Wrap Up Group	Wrap Up Group	Wrap Up Group
8:30-8:45PM	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air	Fresh Air
8:45-9:00PM	Snack/Medica tion	Snack/Medica tion	Snack/Medica tion	Snack/Medica tion	Snack/Medica tion	Snack/Medica tion	Snack/Medica tion
9:00-9:45PM	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time
9:45-10:00PM	Last Fresh air Break	Last Fresh Air Break	Last Fresh Air Break	Last Fresh Air Break	Last Fresh Air Break	Last Fresh Air Break	Last Fresh Air Break
11:00PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out