

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Wake Up - Courtyards Open & Optional Outside Break 6:15 - 6:30				Courtyards Open & Optional Outside Time 6:15-6:30	
Morning Med Window Open 7:00-8:00				Morning Med Window Open 7:00-8:00	
Breakfast 8:00-8:30				Morning Intentions w/ Recovery Aides 8:45-9:15	
Optional Outside Break until 8:45					
Morning Intentions 8:45-9:15	Morning Intentions 8:45-9:15	Morning Intentions 8:45-9:15	Morning Intentions 8:45-9:15	GET ACTIVE! (optional RUN! w/ Amanda) w/ Recovery Aides 9:15-10:15	GET ACTIVE! w/ Recovery Aides 9:15-10:15
CLINICAL PROCESS GROUP w/ Amanda 9:15-10:15	Spirituality in Café w/Craig 9:15-10:15	Mindfulness w/ Shelly 9:15-10:15	Assignment Time 9:15-10:15	Optional Outside Break & Mid Morning Med Window Open 10:15-10:30	
Optional Outside Break / Safe Time (Store slips due by 10:30) 10:15-10:30				Relapse Prevention w/ Amanda	Sunday Tea w/ Stacie
Harmfuls w/ Sarah 10:30-11:30	Seeking Safety w/ Meghan 10:30-11:30	CLINICAL PROCESS GROUP w/ Kelly 10:30-11:30	Addictive Thinking w/ Raelyn 10:30-11:30	Lunch 12:05-12:35	
Optional Outside Break 12:35-12:45				Optional Outside Break 12:35-12:45	
Silent Mindful Practice w/ RA's in Community Spaces 11:45-12:00				Big Book Meeting 12:45-1:30	Big Book Meeting 12:45-1:30
Lunch 12:05-12:35				Movie (VISITATION 1:30-3:30) 1:45-3:30	Movie (VISITATION 1:30-3:30) 1:30-3:30
Optional Outside Break 12:35-12:45				Afternoon Med Window Open 2:00-2:30	
Addiction Narratives w/ Recovery Aides 12:45-1:45	Women in Recovery w/ Raelyn 12:45-1:45	Coping Skills w/ Recovery Aides 12:45-1:45	Harmfuls 1st & 3rd of Month = VRN 12:45-1:45	Movie Continuation... (VISITATION 1:30-3:30) 2:30-3:30	Movie Continuation... (VISITATION 1:30-3:30) 2:30-3:30
Afternoon Med Window Open 2:00-2:30				Optional Outside Break 3:30-3:45	
GET ACTIVE! w/ Recovery Aides 1:45-2:45	GET ACTIVE! w/ Recovery Aides 1:45-2:45	GET ACTIVE! w/ Recovery Aides 1:45-2:45	GET ACTIVE! w/ Recovery Aides 1:45-2:45	Expressive Therapy w/ Liz 10:30-11:30	Structured Journaling w/ Liz 3:45-4:45
Optional Outside Break 2:45-3:00				3:45-4:45	
DBT w/ Dawn & Sarah 3:00-4:00	Healthy Relationships w/ Amanda 3:00-4:00	Healthy Relationships w/ Amanda 3:00-4:00	Addiction Narratives Or Yoga 3:00-4:00	Dinner 4:55-5:25	
Optional Outside Break 5:30-5:45				Optional Outside Break 5:30-5:45	
Community Building w/ Stephanie 4:15-5:15	Music Therapy w/ Liz S. & Jamie 4:15-5:15	Women's Way w/ Jamie 4:15-5:15	Creative Writing w/ Liz 4:15-5:15	Evening Reflections w/ Recovery Aides 5:45-6:15	
Mail Distribution 5:15-5:25				Community Activity w/ Liz 6:15-7:15	Community Activity w/ Recovery Aides 6:15-7:15
Dinner 5:25-5:55				Orientation w/ RA's 7:30-8:00	Meditation w/ RA's 7:30-8:00
Optional Outside Break 6:00-6:15				Optional Outside Break 8:00-8:15 pm	
Evening Reflections w/ RA's 6:15-6:50 & New Patient Orientation 6:15-6:50				Med Window Open Evening 8:30-9:45	
Speaker Meeting 7:00-8:00	Big Book Meeting 7:00-8:00	Speaker Meeting 7:00-8:00	12-Step Meetings 7:00-8:00	Night-Time Calm- Meditation (TV and/or Wii- Lounge)	
Optional Outside Break 8:00-8:15				Optional Outside Break 10:00-10:15 (Last break of day)	
Night-Time Calm- Meditation (TV and/or Wii- Lounge)				All Patients are pleased asked to be in their rooms by 11:00 pm	
Evening Med Window Open 8:30-9:45					
Optional Outside Break 10:00-10:15 (Last outside break of the day)					
All Patients are pleased asked to be in their rooms by 11:00 PM					