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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | E:\logo LA.PNG  IOP Program Schedule | | | | | | |
|  | **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| M OR N I N G | **Wake Up**  **6:00am** | **Wake Up**  **6:00am** | **Wake Up**  **6:00am** | **Wake Up**  **6:00am** | **Wake Up**  **6:00am** | **Wake Up**  **6:00am** | **Wake Up**  **6:00am** |
| **Daily Reflections**  **Peer Led**  **Room 101**  **7:00 AM**  **(Optional)** | **Daily Reflections**  **Peer Led**  **Room 101**  **7:00 AM** | **Daily Reflections**  **Peer Led**  **Room 101**  **7:00 AM** | **Daily Reflections**  **Peer Led**  **Room 101**  **7:00 AM** | **Daily Reflections**  **Peer Led**  **Room 101**  **7:00 AM** | **Daily Reflections**  **Peer Led**  **Room 101**  **7:00 AM** | **Daily Reflections**  **Peer Led**  **Room 101**  **7:00 AM**  **(Optional)** |
| **Breakfast Meds**  **7:30am 8:00AM** | **Breakfast Meds**  **7:30am 8:00AM** | **Breakfast Meds**  **7:30am 8:00AM** | **Breakfast Meds**  **7:30am 8:00AM** | **Breakfast Meds**  **7:30am 8:00AM** | **Breakfast Meds**  **7:30am 8:00AM** | **Breakfast Meds**  **8:00am 7:30AM** |
| **Self-Care/Aftercare Planning** | **Living in Balance**  **Aliah**  **Room 106**  **8:30-10:30am** | **Living in Balance**  **Aliah**  **Room 106**  **8:30-10:30am** | **Living in Balance**  **Aliah**  **Room 106**  **8:30-10:30am** | **Living in Balance**  **Ronnie**  **Room 106**  **8:30-10:30am** | **Living in Balance**  **Aliah**  **Room 106**  **8:30-10:30am** | **ACOA**  **Peer Led**  **Room 101**  **9:00-10:00 am**  **(Optional)** |
| **Health & Wellness**  **Sabrina**  **Room 106**  **11:00-12:00pm** | **DBT**  **Kayla**  **Room 106**  **11:00-12:00pm** | **DBT**  **Kayla**  **Room 106**  **11:00-12:00pm** | **DBT**  **Kayla**  **Room 106**  **11:00-12:00pm** | **Codependency**  **Jen**  **Room 106**  **11:00-12:00pm** |
| A F T E R N O O N | **Lunch Meds**  **12:30pm 12:00PM** | **Lunch Meds**  **12:30pm 12:00PM** | **Lunch Meds**  **12:30pm 12:00PM** | **Lunch Meds**  **12:30pm 12:00PM** | **Lunch Meds**  **12:30pm 12:00PM** | **Lunch Meds**  **12:30pm 12:00PM** | **Lunch Meds**  **12:30pm 12:00PM** |
| **Family Visits/Leisure Time** | **Process Group**  **Aliah**  **Room 101**  **1:00-3:00pm** | **Self-Care/Aftercare Planning** | **Self-Care/Aftercare Planning** | **Self-Care/Aftercare**  **Planning** | **Process Group**  **Aliah**  **Room 101**  **1:00-3:00pm** | **Family Visits/Leisure Time** |
| **Seeking Safety**  **Aliah**  **Room 106**  **3:30-4:30pm** | **Spirituality**  **Ken**  **Room 106**  **3:30-4:30pm** | **Trauma Group**  **Jan**  **Room 112**  **3:30-4:30PM**  **(Assigned by Counselor)** | **Relapse Prevention**  **Ronnie**  **Room 106**  **3:30-4:30pm** | **Shame & Resilience**  **Jen**  **Room 106**  **3:30-4:30pm** |
| **Codependency**  **Jen**  **Room 106**  **3:30-4:30pm** |
| E V E N I N G | **Dinner Meds**  **6:00pm 4:30PM** | **Dinner Meds**  **6:00pm 4:30PM** | **Dinner Meds**  **6:00pm 4:30PM** | **Dinner Meds**  **6:00PM 4:30PM** | **Dinner Meds**  **6:00PM 4:30PM** | **Dinner Meds**  **6:00PM 4:30PM** | **Dinner Meds**  **6:00pm 4:30PM** |
| **Outside Meeting**  **In community**  **See meeting list in Room 101** | **Outside Meeting**  **In community**  **See meeting list in Room 101** | **Refuge Recovery**  **Online Meeting**  **Room 101**  **(Optional)**  **Yoga**  **Sabrina**  **Room 106**  **7:00-8:00pm** | **Celebrate Recovery**  **Steven**  **Room 101**  **6:00-7:00pm**  **(Optional)** | **Red Road Meeting**  **Peer Led**  **Room 101**  **6:30-7:30 PM**  **(Optional)** | **AA Meeting**  **Peer Led**  **Room 101**  **6:30-7:30pm**  **(Optional)** | **Outside Meeting**  **In community**  **See meeting list in Room 101** |
| **Meds**  **8:30-10:00PM** | **Meds**  **8:30-10:00PM** | **Meds**  **8:30-10:00PM** | **Meds**  **8:30-10:00PM** | **Meds**  **8:30-10:00PM** | **Meds**  **8:30-10:00PM** | **Meds**  **8:30-10:00PM** |
| **Quiet Time**  **In Room**  **10:00pm** | **Quiet Time**  **In Room**  **10:00pm** | **Quiet Time**  **In Room**  **10:00pm** | **Quiet time**  **In Room**  **10:00pm** | **Quiet time**  **In Room**  **10:00pm** | **Quiet time**  **In Room**  **10:00pm** | **Quiet time**  **In Room**  **10:00PM** |
| **Lights Out**  **11:00pm** | **Lights Out**  **11:00pm** | **Lights Out**  **11:00pm** | **Lights Out**  **11:00pm** | **Lights Out**  **11:00pm** | **Lights Out**  **11:00pm** | **Lights Out**  **11:00PM** |

*Your Start to* **“CHARTING A NEW COURSE, FREE FROM ADDICTION.”**

**Curfew:**

**Sunday-Thursday 10:00 PM & Friday-Saturday 11:00 PM**

**\*\*Laundry Days: Monday, Wednesday, Friday\*\***

**IOP members are required to attend a minimum of 3 hours per day and a minimum of 3 days per week**

**Process groups are required while other groups can be selected based on your individual needs or as assigned by counselor**