

|  |  |
| --- | --- |
|  |  PHP 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 7:15AM** | **Breakfast Meds****7:30am 7:15AM** | **Breakfast Meds****7:30am 7:15AM** | **Breakfast Meds****7:30am 7:15AM** | **Breakfast Meds****7:30am 7:15AM** | **Breakfast Meds****7:30am 7:15AM** | **Breakfast Meds****8:00am 7:15AM** |
| **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****11:00-12:00** | **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****Ken****Room 106****1:00-3:00pm** | **Process Group****Aliah****Room 106****1:00-3:00pm** | **Process Group****Jen****Room 106****1:00-3:00pm** | **Process Group****Jen****Room 106****1:00-3:00pm** | **Process Group****Jen****Room 106****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****7:00-8:00PM****(Optional)****OR** **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\*\***

**PHP members are required to attend all scheduled programming**

**PHP members are required to attend a minimum of 3 in-house “optional” self-help meetings**