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|  | **E:\logo LA.PNG** Residential Program Schedule  **FEMALES**  |
|  | **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|   M O R N I N G | **Wake Up****7:00am** | **Wake Up****7:00am** | **Wake Up****7:00am** | **Wake Up****7:00am** | **Wake Up****7:00am** | **Wake Up****7:00am** | **Wake Up****7:00am** |
| **Daily Reflections/ Goals****Peer Led****Room 208** **7:30am** **(Optional)** | **Daily Reflections / Goals****Peer Led****Room 208****7:15-7:30am** | **Daily Reflections / Goals****Peer Led****Room 208****7:15-7:30am** | **Daily Reflections / Goals****Peer Led****Room 208****7:15-7:30am** | **Daily Reflections / Goals****Peer Led****Room 208****7:15-7:30am** | **Daily Reflections / Goals****Peer Led****Room 208****7:15-7:30am** | **Daily Reflections / Goals****Peer Led****Room 208** **7:15-7:30am** **(Optional)** |
| **Breakfast Meds****8:00am 8:00 am** | **Breakfast Meds****8:00am 8:00am** | **Breakfast Meds****8:00am 8:00am** | **Breakfast Meds****8:00am 8:00am** | **Breakfast Meds****8:00am 8:00am** | **Breakfast Meds****8:00am 8:00am** | **Breakfast Meds****8:30 am 8:00am** |
| **Online Church****Vista****9:30-10:30am****(Optional)****Adult Children of Alcoholics****Med Room****9:00-10:00am****(Optional)** | **CBT****Callie****Vista****9:00-10:00am** | **Wellbriety****Jan****Med Room****9:00-10:00am** | **DBT/Mindfulness** **Kayla****Vista****9:00-10:00am** | **Grief Group****Jan****Med Room****9:00-10:00am** | **Mental Health****Susan****Vista****9:00-10:00am** | **In-house meeting****Peer Led****Room 208****9:30-10:30am** |
| **Step Work****Ronnie****Vista****10:30-11:30am** | **Orientation/Room Cleaning****Susan****Med Room****10:30-11:30am** | **Art Therapy****Sabrina****Vista****10:30-11:30am** | **Spirituality****Ronnie****Vista****10:30-11:30am** | **TED Talk****Aliah****Vista****10:30-11:30am** | **Health & Wellness****Sabrina****Vista****10:30-11:30am** | **Self-Care/ room Cleaning****11:00-12:00pm** |
|  A F T E R N O O N  | **Lunch Meds****11:30am 12:00pm** | **Lunch Meds****11:30am 12:00pm** | **Lunch Meds****11:30am 12:00pm** | **Lunch Meds****11:30am 12:00pm** | **Lunch Meds****11:30am 12:00pm** | **Lunch Meds****11:30am 12:00pm** | **Lunch Meds****11:30am 12:00pm** |
| **Wellness Activity****Ronnie****Vista****1:30-2:30pm** | **Process Groups****Primary Counselor****Room 109****1:00-3:00pm** | **Recreational Activity****(to be announced)****1:00-4:30PM**  | **Process Groups****Primary Counselor****Room 109****1:00-3:00pm** | **Process Groups****Primary Counselor****Room 109****1:00-3:00pm** | **Process Groups****Primary Counselor****Room 109****1:00-3:00pm** | **Relapse Prevention****Ronnie****Vista****1:00-2:00pm** |
| **SUD Education****Ronnie****Vista****3:00-4:00pm** | **Seeking Safety****Ken****Vista****3:30-4:30pm** | **CBT****Callie****Vista****3:30-4:30pm** | **Anger Management****Aliah****Vista****3:30-4:30pm** | **Relapse Prevention****Ronnie****Vista****3:30-4:30pm** | **Physical Activity****Peer Led****Vista****2:30-3:30pm** |
|  E V E N I N G  |  **Dinner Meds****5:00pm 4:30pm** | **Dinner Meds****5:00pm 4:30Pm** | **Dinner Meds****5:00pm 4:30Pm** | **Dinner Meds****5:00pm 4:30Pm** | **Dinner Meds****5:00pm 4:30Pm** | **Dinner Meds****5:00pm 4:30Pm** | **Dinner Meds****5:00pm 4:30Pm** |
| **Women’s In-house Meeting****Peer Led****Med Room****6:00pm** | **Zoom AA Meeting****Med Room****7:30pm** | **Step work/Homework****Room 208****5:00-7:00pm** | **Red Road Meeting****Peer Led****Vista****6:30-7:30pm****OR****Celebrate Recovery****Debbie****Room 208****6:30-7:30pm** | **Dual Diagnosis Meeting****Peer Led****Vista****7:00-8:00PM****OR****Yoga****Sabrina****Vista****7:00-8:00pm** | **Zoom AA Meeting****Med Room****7:30pm** | **Speaker Meeting****Anonymous****Vista****6:30pm** |
| **Self-Care****7:30-9:00pm** | **Step work/Homework****Room 208****8:00-9:00pm** | **Twelve Step Recovery****Jeff****Vista****7:00-8:00pm** | **Step work/Homework****Room 208****8:00-9:00pm** | **Step work/Homework****Room 208****8:00-9:00pm** | **Step work/Homework****Room 208****8:00-9:00pm** | **Recreational Movie or games****Room 208****7:30pm** |
| **Meds****8:30-10:00 pm** | **Meds****8:30-10:00 pm** | **Meds****8:30-10:00 pm** | **Meds****8:30-10:00 pm** | **Meds****8:30-10:00 pm** | **Meds****8:30-10:00 pm** | **Meds****8:30-10:00 pm** |
| **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.”**

**DUE TO COVID-19, SOME GROUP/MEETING LOCATIONS MAY BE ADJUSTED BASED ON GROUP SIZE. SEE THE FRONT DESK FOR MORE DETAILS.**