|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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** | **“MORE” Group**  **Aliah**  **Room 101**  **8:30-11:30am** | **Self-Care/Aftercare Planning** | **“MORE” Group**  **Aliah**  **Room 101**  **8:30-11:30am** | **Self-Care/Aftercare**  **Planning** | **“MORE” Group**  **Aliah**  **Room 101**  **8:30-11:30am** | **ACOA**  **Peer Led**  **Room 101**  **9:00-10:00 am**  **(Optional)** |
|
| 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** | **Self-Care/Aftercare Planning** | **Self-Care/Aftercare Planning** | **Self-Care/Aftercare Planning** | **Self-Care/Aftercare**  **Planning** | **Self-Care/Aftercare Planning** | **Family Visits/Leisure Time** |
| **Trauma Group**  **Jan**  **Room 112**  **3:30-4:30PM**  **(Assigned by Counselor)** |
|
| 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** | **Yoga**  **Sabrina**  **Room 106**  **4:45-5:30pm**  **(Optional)**  **Refuge Recovery**  **Online Meeting**  **Room 101**  **(Optional)** | **Celebrate Recovery**  **Steven**  **Med room**  **6:30-7:30pm**  **(Optional)** | **Yoga**  **Sabrina**  **Room 106**  **4:45-5:30pm**  **(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**  **830-10:00PM** |
| **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\*\***