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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****Room 208****9:30-10:30am****(Optional)** | **Seeking Safety****Ken****Vista****9:00-10:00am** | **Mindfulness** **Lisa****Vista****9:00-10:00am** | **Mindfulness** **Lisa****Vista****9:00-10:00am** | **Relapse Prevention****Ronnie****Vista****9:00-10:00am** | **Family Education****Jen****Vista****9:00-10:00am** | **Virtual NA Meeting****Room 208****9:00-10:00am** |
| **Step Work****Callie****Vista****10:30-11:30am** | **Spirituality****Ken****Vista****10:30-11:20am** | **Mental Health****Jan****Vista****10;30-11:30am** | **Art Therapy****Sabrina****Vista****10:30-11:30am** | **TED Talk****Callie****Vista****10:30-11:30am** | **Health & Wellness****Sabrina****Vista****10:30-11:30am** | **Shame & Resilience****Robyn****Room 208****10:30-11:30am** |
|  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** |
| **Relapse Prevention****Ronnie****Vista****1:00-2:00pm** | **CBT****Callie****Vista****1:00-2:00pm** | **Recreational Activity****(to be announced)****1:00-4:30PM**  | **CBT****Callie****Vista****1:00-2:00pm** | **Relapse Prevention****Ronnie****Vista****1:00-2:00pm** | **Anger Management****Robyn****Vista****1:00-2:00pm** | **Medicine Wheel & 12-Step****Jen****Vista****1:00-3:00pm** |
| **SUD Education****Ronnie****Vista****2:30-3:30pm** | **Process Groups****Lisa****Room 109****2:15-4:15pn** | **Process Groups****Lisa****Room 109****2:15-4:15pm** | **Process Groups****Lisa****Room 109****2:15-4:15pm** | **Process Groups****Lisa****Room 109****2:15-4:15pm** | **Stepwork/Homework****Room 208****3:30-4:30pm** |
|  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** |
| **ACOA****Peer Led****Room 208****6:00-7:00pm** | **Zoom Refuge Recovery Meeting****Room 208****7:00-8:30pm****OR****Zoom AA Meeting****Med Room****7:30-8:30pm** | **Yoga****Sabrina****Vista****6:15-7:00pm****(Optional)****Twelve Step Recovery****Jeff****Vista****7:15-8:15pm** | **Red Road Meeting****Peer Led****Vista****6:30-7:30pm****OR****Celebrate Recovery****Debbie****Room 208****6:30-7:30pm** | **Yoga****Sabrina****Vista****6:15-7:00pm****OR****Step Work & Sponsorship****Al****Room 106****6:00-7:00pm** **OR** | **Zoom AA Meeting****Med Room****7:30-8:30pm** | **Speaker Meeting****Anonymous****Vista****6:30-7:30pm** |
| **Self-Care****7:30-9:00pm** | **Step work/Homework****Room 208****8:30-9:00pm** | **Step work/Homework****Room 208****8:15-9:00pm** | **Step work/Homework****Room 208****8:00-9:00pm** | **Dual Diagnosis Anonymous****Peer Led****Room 208****6:00-7:00pm** | **Step work/Homework****Room 208****8:30-9:00pm** | **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.**