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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.**