

Daily Reflections Dai Peer Led Room 106 7:00 AM (Optional) Breakfast: 7:30-8:00 Break Meds: 7:15-8:45 Mee Self-Care/Aftercare Planning 9: Heal	eds: 7:15-8:45	Wake Up: 6:00 Daily Reflections Peer Led Room 106 7:00 AM Breakfast: 7:30-8:00 Meds: 7:15-8:45 Red Road to Wellbriety Jen Room 106 9:00-10:45am Codependency Lisa Room 106	Wake Up: 6:00 Daily Reflections Peer Led Room 106 7:00 AM Breakfast: 7:30-8:00 Meds: 7:15-8:45 Living in Balance Ken Room 106 9:00-10:45am	Wake Up: 6:00 Daily Reflections Peer Led Room 106 7:00 AM Breakfast: 7:30-8:00 Meds: 7:15-8:45 Living in Balance Ronnie Room 106 9:00-10:45am	Wake Up: 6:00 Daily Reflections Peer Led Room 106 7:00 AM Breakfast: 7:30-8:00 Meds: 7:15-8:45 Living in Balance Ken Room 106 9:00-10:45am	Wake Up: 6:00 Daily Reflections Peer Led Room 106 7:00 AM (Optional) Breakfast: 7:30-8:00 Meds: 7:15-8:45
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Self-Care/Aftercare Planning 9: Heal	Ronnie Room 106 9:00-10:45am ealth & Wellness Sabrina Room 106	Jen Room 106 9:00-10:45am Codependency Lisa	Ken Room 106 9:00-10:45am	Ronnie Room 106	Ken Room 106	
1	Sabrina Room 106	Lisa	Coping with Grief			Peer Led Room 101 9:00-10:00 am (Optional)
Lunch: 12:30-1:00 Lunc		11:00-12:00pm	Robyn Room 106 11:00-12:00pm	Relapse Prevention Ronnie Room 106 11:00-12:00pm	Mindfulness Lisa Room 106 11:00-12:00pm	(optional)
	nch: 12:30-1:00	Lunch: 12:30-1:00	Lunch: 12:30-1:00	Lunch: 12:30-1:00	Lunch: 12:30-1:00	Lunch: 12:30-1:00
Meds: 12:00-1:00 Med	eds: 12:00-1:00	Meds: 12:00-1:00	Meds: 12:00-1:00	Meds: 12:00-1:00	Meds: 12:00-1:00	Meds: 12:00-1:00
1 Family Visits/Leisure	Art Therapy Sabrina Room 106 1:00-2:00pm	Seeking Safety Robyn Room 106 1:00-2:00pm	DBT Jen Room 106 1:00-2:00pm	Coping with Anger Jen Room 106 1:00-2:00pm	Anxiety Management Robyn Room 106 1:00-2:00pm	Family Visits/Leisure
	Process Group Ronnie Room 106 2:15-3:30pm	Living Skills Kurt Room 106 2:15-3:30pm	Process Group Ken Room 106 2:15-3:30pm	Process Group Brian Room 106 2:15-3:30pm	Process Group Kurt Room 106 2:15-3:30pm	Time
Dinner: 6:00-6:30 Dinn	nner: 6:00-6:30	Dinner: 6:00-6:30	Dinner: 6:00-6:30	Dinner: 6:00-6:30	Dinner: 6:00-6:30	Dinner: 6:00-6:30
Meds: 4:30-5:45 Med	eds: 4:30-5:45	Meds: 4:30-5:45	Meds: 4:30-5:45	Meds: 4:30-5:45	Meds: 4:30-5:45	Meds: 4:30-5:45
	: attend a self-help ing of your choice.	Yoga Sabrina Room 106 4:45-5:30pm (Optional)	Must attend a self-help meeting of your choice.	Yoga OR Singing Bowls Sabrina Room 106 4:45-5:30pm (Optional) (Every other week)	Must attend a self-help meeting of your choice.	Self Care
Meds: 8:30-10:00pm Meds:	s: 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 Quiet 10:00pm	iet 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: 11:00 Light	I	Lights Out: 11:00	Lights Out: 11:00	Lights Out: 11:00	Lights Out: 11:00	Lights Out: 11:00

Your Start to "CHARTING A NEW COURSE, FREE FROM ADDICTION."

Curfew: Sunday-Thursday 10:00 PM & Friday-Saturday 11:00 PM

PHP Clients are required to attend all scheduled programming