



free BY THE sea
PHP Program Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wake Up: 6:00	Wake Up: 6:00	Wake Up: 6:00	Wake Up: 6:00	Wake Up: 6:00	Wake Up: 6:00	Wake Up: 6:00
Daily Reflections Peer Led Room 106 7:00 AM (Optional)	Daily Reflections Peer Led Room 106 7:00 AM	Daily Reflections Peer Led Room 106 7:00 AM	Daily Reflections Peer Led Room 106 7:00 AM	Daily Reflections Peer Led Room 106 7:00 AM	Daily Reflections Peer Led Room 106 7:00 AM	Daily Reflections Peer Led Room 106 7:00 AM (Optional)
Breakfast: 7:30-8:00	Breakfast: 7:30-8:00	Breakfast: 7:30-8:00	Breakfast: 7:30-8:00	Breakfast: 7:30-8:00	Breakfast: 7:30-8:00	Breakfast: 7:30-8:00
Meds: 7:15-8:45	Meds: 7:15-8:45	Meds: 7:15-8:45	Meds: 7:15-8:45	Meds: 7:15-8:45	Meds: 7:15-8:45	Meds: 7:15-8:45
Self-Care/Aftercare Planning	Living Skills Ronnie Room 106 9:00-10:45am	Red Road to Wellbriety Jen Room 106 9:00-10:45am	Living in Balance Ken Room 106 9:00-10:45am	Living in Balance Ronnie Room 106 9:00-10:45am	Living in Balance Ken Room 106 9:00-10:45am	ACOA Peer Led Room 101 9:00-10:00 am (Optional)
	Health & Wellness Sabrina Room 106 11:00-12:00	Codependency Lisa Room 106 11:00-12:00pm	Coping with Grief Robyn Room 106 11:00-12:00pm	Relapse Prevention Ronnie Room 106 11:00-12:00pm	Mindfulness Lisa Room 106 11:00-12:00pm	
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	Lunch: 12:30-1:00	Lunch: 12:30-1:00
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	Meds: 12:00-1:00	Meds: 12:00-1:00
Family Visits/Leisure Time	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 Time
	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	
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	Dinner: 6:00-6:30	Dinner: 6:00-6:30
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	Meds: 4:30-5:45	Meds: 4:30-5:45
Self Care	Must attend a self-help meeting 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: 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 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: 11:00	Lights Out: 11:00	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