



Residential Program Schedule: Women

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 Lotus Room 7:30am (Optional)	Daily Reflections/Goals Peer Led Lotus Room 7:30-7:45am	Daily Reflections/Goals Peer Led Lotus Room 7:30-7:45am	Daily Reflections Goals Peer Led Lotus Room 7:30-7:45am	Daily Reflections/Goals Peer Led Lotus Room 7:30-7:45am	Daily Reflections/Goals Peer Led Lotus Room 7:30-7:45am	Daily Reflections/Goals Peer Led Lotus Room 7:30-7:45am (Optional)
Breakfast: 8:00-8:30 Meds: 7:15-8:45	Breakfast: 8:00-8:30 Meds: 7:15-8:45	Breakfast: 8:00-8:30 Meds: 7:15-8:45	Breakfast: 8:00-8:30 Meds: 7:15-8:45	Breakfast: 8:00-8:30 Meds: 7:15-8:45	Breakfast: 8:00-8:30 Meds: 7:15-8:45	Breakfast: 8:00-8:30 Meds: 7:15-8:45
Online Church Lotus Room 9:15-10:15am (Optional)	CBT Ken Vista 9:00-10:00am	Living in Balance Ken Vista 9:00-11:00am	Self-Esteem & Self-Compassion Lisa Vista 9:00-10:00am	Medicine Wheel Jen Vista 9:00-11:00am	Self-Esteem & Self-Compassion Lisa Vista 9:00-10:00am	Family Education Kurt Vista 9:15-10:15am
Relapse Prevention Ronnie Vista 10:30-11:30am	Depression Management Brian Vista 10:30-11:30am		Art Therapy Sabrina Vista 10:30-11:30am	Orientation Jen Vista 11:15-11:45am	Seeking Safety Robyn Vista 10:30-11:30am	Recovery Basics Robyn Vista 10:30-11:30am
Lunch: 11:30-12:00 Meds: 12:00-1:00	Lunch: 11:30-12:00 Meds: 12:00-1:00	Lunch: 11:30-12:00 Meds: 12:00-1:00	Lunch: 11:30-12:00 Meds: 12:00-1:00	Lunch: 11:30-12:00 Meds: 12:00-1:00	Lunch: 11:30-12:00 Meds: 12:00-1:00	Lunch: 11:30-12:00 Meds: 12:00-1:00
Visitation 1:30-5:00pm (Must be pre-approved)	Relapse Prevention Ronnie Vista 1:00-2:00pm	Recreational Activity (to be announced) 1:00-4:30pm	Relapse Prevention Ronnie Vista 1:00-2:00pm	Health & Wellness Sabrina Vista 1:00-2:00pm	CBT Ken Vista 1:00-2:00pm	Guilt & Shame Robyn Lotus Room 1:00-2:00pm
Self-Care/Homework	Process Group Lisa Lotus Room 2:15-4:15pm		Process Group Lisa Lotus Room 2:15-4:15pm Confident Parenting Brian Med Room 3:15-4:15pm (assigned by counselor)	Process Group Robyn Lotus Room 2:15-4:15pm	Process Group Lisa Lotus Room 2:15-4:15pm	Self-Care/Homework
Dinner: 5:00-5:30 Meds: 4:30-5:45	Dinner: 5:00-5:30 Meds: 4:30-5:45	Dinner: 5:00-5:30 Meds: 4:30-5:45	Dinner: 5:00-5:30 Meds: 4:30-5:45	Dinner: 5:00-5:30 Meds: 4:30-5:45	Dinner: 5:00-5:30 Meds: 4:30-5:45	Dinner: 5:00-5:30 Meds: 4:30-5:45
Big Book Study Guest Leaders Vista 6:00-7:00pm	Ocean Park AA Meeting DEPARTURE: 6:45pm	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 Kandi Lotus Room 6:30-7:30pm	Yoga or Singing Bowls Sabrina Vista or 106 6:15-7:00pm (Every other week) OR Step Work & Sponsorship Al Room 106 6:00-7:00pm (Every other week) OR NA Meeting Peer Led Outer Med Room 6:00-7:00pm	Ocean Park AA Meeting DEPARTURE: 6:45pm	Speaker Meeting Anonymous Vista 6:30-7:30pm (Peer led in-house meeting if speaker is unavailable)
Self-Care 7:30-9:00pm	Step work/Homework Lotus Room 8:30-9:00pm	Step work/Homework Lotus Room 8:15-9:00pm	Step work/Homework Lotus Room 8:00-9:00pm		Step work/Homework Lotus Room 8:30-9:00pm	Recreational Movie or games Lotus Room 7:30pm
Meds: 8:30-10:00	Meds: 8:30-10:00	Meds: 8:30-10:00	Meds: 8:30-10:00	Meds: 8:30-10:00	Meds: 8:30-10:00	Meds: 8:30-10:00
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."

Revised 11.16.2023