



free BY THE sea
IOP Program Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wake Up: 7:00	Wake Up: 7:00	Wake Up: 7:00	Wake Up: 7:00	Wake Up: 7:00	Wake Up: 7:00	Wake Up: 7:00
"You can do this."	"One step at a time."	"Choose progress, not perfection."	"Breathe. Reset. Begin again."	"Today is a fresh start."	"Stronger than you think."	"Keep moving forward."
Breakfast: 8:30-9:00	Breakfast: 8:30-9:00	Breakfast: 8:30-9:00	Breakfast: 8:30-9:00	Breakfast: 8:30-9:00	Breakfast: 8:30-9:00	Breakfast: 8:30-9:00
Meds: 7:00-8:00	Meds: 7:00-8:00	Meds: 7:00-8:00	Meds: 7:00-8:00	Meds: 7:00-8:00	Meds: 7:00-8:00	Meds: 7:00-8:00
Self-Care/Aftercare Planning	MORE Group Diane Room 106 9:00-10:45am Relapse Prevention Diane Room 106 11:00am-12:00pm	Emotional Sobriety Diane Room 106 9:00-12:00PM	Living in Balance Lisa Room 106 9:00-10:45am Coping with Grief Diane Room 106 11:00am-12:00pm	Living Skills Kimberlee Room 106 9:00-12:00pm	Staying Sober Kimberlee Room 106 9:00am-12:00pm	Family Visits/Leisure Time
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	Self-Care/Aftercare Planning	Self-Care/Aftercare Planning	Self-Care/Aftercare Planning	Self-Care/Aftercare Planning	Self-Care/Aftercare Planning	Family Visits/Leisure Time
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: 4:30-5:30	Meds: 4:30-5:30	Meds: 4:30-5:30	Meds: 4:30-5:30	Meds: 4:30-5:30	Meds: 4:30-5:30	Meds: 4:30-5:30
Self Care	Must attend a self-help meeting of your choice.	Sound Baths Sabrina Room 106 4:45-5:30pm (Optional)	Must attend a self-help meeting of your choice.	Must attend a self-help meeting of your choice.	Must attend a self-help meeting of your choice.	Self Care
Meds: 8:00-10:00pm	Meds: 8:00-10:00pm	Meds: 8:00-10:00pm	Meds: 8:00-10:00pm	Meds: 8:00-10:00pm	Meds: 8:00-10:00pm	Meds: 8:00-10:00pm
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