



free BY THE sea
PHP 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 Program Diane Room 106 9:00-10:45am | Emotional Sobriety Diane Room 106 9:00-12:00pm | Living in Balance Lisa Room 106 9:00-10:45am | Living Skills Kimberlee Room 106 9:00-12:00pm | Staying Sober Kimberlee Room 106 9:00-12:00pm | Family Visits/Leisure Time |
| | Relapse Prevention Diane Room 106 11:00-12:00 | | Coping with Grief Diane 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 | Seeking Safety Diane Room 106 1:00-2:00pm | | Anxiety Management Diane Room 106 1:00-2:00pm | Root to Rise Sabrina Room 106 1:00-2:30pm | | Family Visits/Leisure Time |
| | Process Group Diane Room 106 2:45-4:00pm | | Process Group Diane Room 106 2:45-4:00pm | | | |
| 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 4:45pm-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 Program Schedule

PHP Clients are required to attend all scheduled programming