



Residential Program Schedule: Men

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”	“Your stronger than you think”	“Keep moving forward”
Breakfast 8:00-8:30 Meds: 8:00-9:00	Breakfast 8:00-8:30 Meds: 8:00-9:00	Breakfast 8:00-8:30 Meds: 8:00-9:00	Breakfast 8:00-8:30 Meds: 8:00-9:00	Breakfast 8:00-8:30 Meds: 8:00-9:00	Breakfast 8:00-8:30 Meds: 8:00-9:00	Breakfast 8:00-8:30 Meds: 8:00-9:00
Orientation (newly admitted clients) Nina Room 106 9:00-10:00am	Self Esteem and Self Compassion Lisa Vista 9:00-10:00am	Health and Wellness Sabrina Vista 9:00am-10:00am	Seeking Safety Nina Vista 9:00-10:00am	Recovery reset: Emotions and skills Patti Vista 9:00-10:00am	Stress and emotional wellbeing Nina Vista 9:00-10:00am	Family Education Kimberlee Vista 9:00-10:00am
12 Stupid things that mess up recovery Diane Vista 10:30-11:30am	Co-Occurring disorders Kimberlee Vista 10:30-11:30am	Living in Balance/Helping men recover Lisa Vista 10:30-11:30am	Art Class Sabrina Lotus 10:30-11:30am	Medicine Wheel Lisa Vista 10:30-11:45am	Coping with Anger Lisa Vista 10:30-11:30am	Recovery Basics Nina Vista 10:30-11:30am
Lunch: 12:00-12:30 Meds: 12:00-1:00	Lunch: 12:00-12:30 Meds: 12:00-1:00	Lunch: 12:00-12:30 Meds: 12:00-1:00	Lunch: 12:00-12:30 Meds: 12:00-1:00	Lunch: 12:00-12:30 Meds: 12:00-1:00	Lunch: 12:00-12:30 Meds: 12:00-1:00	Lunch: 12:00-12:30 Meds: 12:00-1:00
Self-Care/Homework	Relapse Prevention Kimberlee Vista 1:00-2:00pm	Self-care/Homework 1:00-2:00pm	Mindfulness Lisa Vista 1:00-2:00pm	Recreational Activity/Free time (to be announced) 1:00-4:30pm	CBT Nina Vista 1:00-2:00pm	Visitation 1:30-5:00pm (Must be pre-approved)
	Process Group Kimberlee Vista 2:15-4:00pm	Process group Diane Vista 2:15-4:00pm	Process Group Nina Vista 2:45-4:15pm	Yoga Sabrina Room 106 2:30-3:15pm (optional)	Process Group Kimberlee Vista 2:15-4:00pm	Self-Care/Homework
Dinner: 5:30-6:00 Meds: 4:30-5:30	Dinner: 5:30-6:00 Meds: 4:30-5:30	Dinner: 5:30-6:00 Meds: 4:30-5:30	Dinner: 5:30-6:00 Meds: 4:30-5:30	Dinner: 5:30-6:00 Meds: 4:30-5:30	Dinner: 5:30-6:00 Meds: 4:30-5:30	Dinner: 5:30-6:00 Meds: 4:30-5:30
Big Book Study Guest Leaders Vista 6:30pm-7:30pm	AA meeting In house (Peer led) Vista room 7:00pm-8:00pm	Sound Baths Sabrina Room 106 6:15-7:00pm (Optional) NA meeting (Peer Led) Vista 7:15-8:15pm	Peer Led meeting of choice Vista room 6:30pm-7:30pm	NA Meeting (Peer Led) Vista room 7:00pm-8:00pm	AA Meeting (Peer led) Vista 7:00-8:00pm	Speaker Meeting Anonymous Vista 7:00-8:00pm (Peer led in-house meeting if speaker is unavailable)
Self-Care 7:30-9:00pm	Step work/Homework Vista 8:00-9:00pm	Step work/Homework Vista 8:15-9:00pm	Step work/Homework Vista 8:00-9:00pm	Step work/Homework Vista 8:00-9:00pm	Step work/Homework Vista 8:30-9:00pm	Self-Care 7:30pm-9:00pm
Meds: 8:00-10:00	Meds: 8:00-10:00	Meds: 8:00-10:00	Meds: 8:00-10:00	Meds: 8:00-10:00	Meds: 8:00-10:00	Meds: 8:00-10:00
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: 11:00	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.”