



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 |
| "You can do this" | "One step at a time" | "Choose progress not perfection" | "Breathe, Reset, Begin again" | "Today is a fresh start" | "You are stronger than you think" | Keep moving forward |
| Breakfast: 7:30-8:00 Meds: 8:00-9:00 | Breakfast: 7:30-8:00 Meds: 8:00-9:00 | Breakfast: 7:30-8:00 Meds: 8:00-9:00 | Breakfast: 7:30-8:00 Meds: 8:00-9:00 | Breakfast: 7:30-8:00 Meds: 8:00-9:00 | Breakfast: 7:30-8:00 Meds: 8:00-9:00 | Breakfast: 7:30-8:00 Meds: 8:00-9:00 |
| 12 Stupid things that mess up recovery Diane Lotus 9:00am-10:00am | Co-Occurring Disorders Kimberlee Lotus 9:00-10:00am | Living in Balance/ Helping Women Recover Lisa Lotus 9:00-10:00am | Art Class Sabrina Lotus 9:00-10:00am | Medicine Wheel Lisa Lotus 9:00-10:15am | Coping with Anger Lisa Lotus 9:00-10:00am | Recovery Basics Nina Lotus 9:15-10:15am |
| Orientation Nina Lotus 10:00am-11:00am | Self Esteem and Self Compassion Lisa Lotus 10:30-11:30am | Health and Wellness Sabrina Lotus 10:30-11:30am | Seeking Safety Nina Vista 10:30-11:30am | Recovery reset: Emotions and skills Patti Lotus 10:30-11:30am | Stress and emotional wellbeing Nina Lotus 10:30-11:30am | Family Education Kimberlee Lotus 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) | Process Group Lisa Lotus 1:00-2:30pm | Process Group Lisa Lotus 1:00-2:30pm | Process Group Nina Lotus 1:00-2:30pm | Recreational Activity/Free time (to be announced) 1:00-4:30pm | Process Group Lisa Lotus 1:00-2:30pm | Self-care/Homework |
| Self-Care/Homework | Relapse Prevention Lisa Lotus 3:00pm-4:00pm | Self-Care/Homework 3:00pm-4:00pm | Mindfulness Lisa Lotus 3:00pm-4:00pm | Yoga Sabrina Room 106 2:30-3:15pm (Optional) | CBT Nina Lotus 3:00-4:00pm | |
| Dinner: 5:00-5:30 Meds: 4:30-5:30 | Dinner: 5:00-5:30 Meds: 4:30-5:30 | Dinner: 5:00-5:30 Meds: 4:30-5:30 | Dinner: 5:00-5:30 Meds: 4:30-5:30 | Dinner: 5:00-5:30 Meds: 4:30-5:30 | Dinner: 5:00-5:30 Meds: 4:30-5:30 | Dinner: 5:00-5:30 Meds: 4:30-5:30 |
| Big Book Study Guest Leaders Lotus 7:30pm-8:30pm | AA Meeting In house (Peer led) Lotus 7:00pm-8:00pm | Sound Baths Sabrina Room 106 6:15-7:00pm (Optional) NA meeting (Peer lead) Lotus 7:15-8:15pm | Peer led meeting of choice Lotus 6:30pm-7:30pm | NA Meeting (Peer Led) Lotus 7:00-8:00pm | AA Meeting Lotus (Peer Led) 7:00pm-8:00pm | Speaker Meeting Anonymous Lotus 6:00-7:00pm (Peer led in-house meeting if speaker is unavailable) |
| Self-Care 7:30-9:00pm | Step work/Homework Lotus 8:30-9:00pm | Step work/Homework Lotus 8:15-9:00pm | Step work/Homework Lotus 8:00-9:00pm | Step work/Homework Lotus 8:30-9:00pm | Step work/Homework Lotus 8:30-9:00pm | Self-Care 7:30-9:00pm |
| 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: 11:00pm | 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."