

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 AM	WAKE UP BREAKFAST	WAKE UP BREAKFAST	WAKE UP BREAKFAST	WAKE UP BREAKFAST	WAKE UP BREAKFAST	SLEEP	SLEEP
7:00-8:00 AM	DAILY REFLECTIONS	DAILY REFLECTIONS	DAILY REFLECTIONS	DAILY REFLECTIONS	DAILY REFLECTIONS	WAKE UP BREAKFAST	WAKE UP BREAKFAST
8:00-9:00 AM	MEDS HOUSE MEETING	MEDS HOUSE MEETING	MEDS HOUSE MEETING	MEDS HOUSE MEETING	MEDS HOUSE MEETING	DAILY REFLECTION/MEDS	DAILY REFLECTION/MEDS
9:00-10:00 AM	MEDITATION/ CHECK-IN	MEDITATION/ CHECK-IN	MEDITATION/ CHECK-IN	MEDITATION/ CHECK-IN	MEDITATION/ CHECK-IN	MEDITATION/ CHECK-IN	MEDITATION/ CHECK-IN
10:00-10:15 AM	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK
10:15-11:30 AM	RELAPSE PREVENTION	PHASE WORK PRESENTATION	THERAPY 10:00-12:00	HEALTHY RELATIONSHIPS	HELPING WOMEN RECOVER	ART/MUSIC	DOUBLE SCRUB
11:30-12:35 PM	LUNCH MEDS	LUNCH MEDS	LUNCH MEDS	LUNCH MEDS	LUNCH MEDS	LUNCH MEDS	LUNCH MEDS
12:35-2:30 PM	GYM	YOGA	IN-HOUSE YOGA	YOGA	GYM	OUTING	1:00-4:00 FAMILY CALLS
2:30-3:15 PM	BREAK	BREAK	BREAK	BREAK	BREAK	OUTING	1:00-4:00 FAMILY CALLS
3:15-5:00 PM	PEER-LED PRESENTATION	RELAPSE PREVENTION W/MIKE	NEXT STEPS SELF CARE	RELAPSE PREVENTION W/MIKE	STUDY GROUP	OUTING	4:00-5:00 HEALTH & WELLNESS
5:00-6:00 PM	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
6:00-7:00 PM	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK
7:00-8:00 PM	SMART RECOVERY	IN-HOUSE NA MEETING	SMART RECOVERY ONLINE	OUTSIDE AA MEETING	ONLINE AA MEETING	RECOVERY MOVIE	IN-HOUSE AA MEETING
8:00-10:00 PM	FREE TIME CLEAN-UP	FREE TIME CLEAN-UP	FREE TIME CLEAN-UP	FREE TIME CLEAN-UP	FREE TIME CLEAN-UP	FREE TIME CLEAN-UP	FREE TIME CLEAN-UP
LIGHTS OUT	10:00 PM LIGHTS OUT	10:00 PM LIGHTS OUT	10:00 PM LIGHTS OUT	10:00 PM LIGHTS OUT	11:00 PM LIGHTS OUT	11:00 PM LIGHTS OUT	10:00 PM LIGHTS OUT

REV. 12/31/23