



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Sat./Sun.</u>
7:00 a.m.	7:00 a.m.	7:00 a.m.	7:00 a.m.	7:00 a.m.	8:00 a.m.
Shower, Chores and Breakfast	Shower, Chores and Breakfast	Shower, Chores and Breakfast	Shower, Chores and Breakfast	Shower, Chores and Breakfast	Deep Clean/Breakfast
8:00 a.m.	8:00 a.m.	8:00 a.m.	8:00 a.m.	8:00 a.m.	9:00 a.m.
Medications	Medications	Medications	Medications	Medications	Medications
8:30 a.m.	8:30 a.m.	8:30 a.m.	8:30 a.m.	8:30 a.m.	10:00 a.m.
Community Morning Check In / Guys Yoga	Community Morning Check In / Girls Yoga	Community Morning Check In / Guys Yoga	Community Meeting	Community Morning Check In / Girls Yoga	Gym
9:15 a.m.	9:15 a.m.	9:15 a.m.	9:15 a.m.	9:15 a.m.	
Break	Break	Break	Break	Break	
9:30 a.m.	9:30 a.m.	9:30 a.m.	9:30 a.m.	9:30 a.m.	Noon
Primary Group Process	Equine Therapy	Primary Group Process	Cooking & Nutritional Education	Primary Group Process	AA/NA Meeting
11:30 p.m.	11:30 p.m.	11:30 p.m.	11:30 p.m.	11:30 p.m.	
Lunch	Lunch	Lunch	Lunch	Lunch	
1:30 p.m.	1:30 p.m.	1:30 p.m.	1:30 p.m.	1:30 p.m.	1:30 p.m.
PsychEducation	PsychEducation	PsychEducation	PsychEducation	PsychEducation	Lunch
2:30 p.m.	2:30 p.m.	2:30 p.m.	2:30 p.m.	2:30 p.m.	2:30 p.m.
Break	Break	Break	Break	Break	
3:00 p.m.	3:00 p.m.	3:00 p.m.	3:00 p.m.	3:00 p.m.	
Art Therapy/Spirituality/ co-occurring disorders	Big Book Study/Equine therapy/ nervous system resourcing	Spiritual Awareness/Grief and Loss/ breakout grp	Codependency/ DBT skill development/ co-occurring disorders	Anger Management/Sex and Love addictions/ Spirituality	Hiking/Bowling/Movies
4:00 p.m.	4:00 p.m.	4:00 p.m.	4:00 p.m.	4:00 p.m.	6:00 p.m.
Gym & Fitness	Gym & Fitness	Gym & Fitness	Gym & Fitness	Gym & Fitness	Dinner