

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:00 Morning Reflections/ Quiet Time	7:30-8:00 Morning Reflections/ Quiet Time	7:30-8:00 Morning Reflections/ Quiet Time	7:30-8:00 Morning Reflections/ Quiet Time	7:30-8:00 Morning Reflections/ Quiet Time	8:00-9:00 Breakfast	8:00-9:00 Breakfast
8:15-8:30 Community Meeting	8:15-8:30 Community Meeting	8:15-8:30 Community Meeting	8:15-8:30 Community Meeting	8:15-8:30 Community Meeting	9:00-9:30 Morning Reflections/ Quiet Time	9:00-9:30 Morning Reflections/ Quiet Time
8:30-9:15 Breakfast	8:30-9:15 Breakfast	8:30-9:15 Breakfast	8:30-9:15 Breakfast	8:30-9:15 Breakfast	10:00-10:30 Core Group	10:00-10:30 Core Group
9:30-10:30 Core Group	9:30-10:30 Core Group	9:30-10:30 Core Group	9:30-10:30 Core Group	9:30-10:30 Core Group	11:00-12:30 Core Group	11:00-12:30 Core Group
11:00-12:30 Electives	11:00-12:30 Electives	11:00-12:30 Core Group	11:00-12:30 Core Group	11:00-12:30 Core Group	12:30-1:30 Lunch	12:30-1:30 Lunch
12:30-1:30 Lunch	12:30-1:30 Lunch	12:30-1:30 Lunch	12:30-1:30 Lunch	12:30-1:30 Lunch	2:00-3:00 Electives	2:00-3:00 Electives
2:00-3:00 Electives	2:00-3:00 Core Group	2:00-3:00 Core Group	2:00-3:00 Electives	2:00-3:00 Core Group	3:30-6:00 Core Groups/ Electives	3:30-6:00 Core Groups/ Electives
3:30-6:00 Core Groups/ Individual Sessions	3:30-6:00 Core Groups/ Individual Sessions	3:30-6:00 Core Groups/ Individual Sessions	3:30-6:00 Core Groups/ Individual Sessions	3:30-6:00 Core Groups/ Individual Sessions	6:00-7:00 Dinner	6:00-7:00 Dinner
6:00-7:00 Dinner	6:00-7:00 Dinner	6:00-7:00 Dinner	6:00-7:00 Dinner	6:00-7:00 Dinner	7:15-8:15 12 Step Meeting	7:15-8:15 12 Step Meeting
7:15-8:15 12 Step Meeting	7:15-8:15 12 Step Meeting	7:15-8:15 12 Step Meeting	7:15-8:15 12 Step Meeting	7:15-8:15 12 Step Meeting	8:30-9:00 Recovery Actions	8:30-9:00 Recovery Actions
8:30-9:00 Recovery Actions	8:30-9:00 Recovery Actions	8:30-9:00 Recovery Actions	8:30-9:00 Recovery Actions	8:30-9:00 Recovery Actions		

EXAMPLE CORE GROUPS

Art Therapy | Dialectical Behavior Therapy | Dance Movement Therapy | Process Group | Stages of Recovery | Family Dynamics | Recovery Principles | Spirituality | Recreational/Activity Therapy

EXAMPLE ELECTIVE GROUPS

Nutrition | Self Defense | Grief and Loss | Cooking | Body Image | Big Book | Fitness | Prayer Group

INDIVIDUAL THERAPY SESSIONS

Primary Therapy | Psychiatric | Family Therapy