



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	
Daily Reflections/Goals Peer Led Vista 7:15-7:30am (Optional)	Daily Reflections/Goals Peer Led Vista 7:15-7:30am	Daily Reflections/Goals Peer Led Vista 7:15-7:30am	Daily Reflections/Goals Peer Led Vista 7:15-7:30am	Daily Reflections/Goals Peer Led Vista 7:15-7:30am	Daily Reflections/Goals Peer Led Vista 7:15-7:30am	Daily Reflections/Goals Peer Led Vista 7:15-7:30am (Optional)	
Breakfast: 8:30-9:00 Meds: 7:15-8:45	Breakfast: 8:30-9:00 Meds: 7:15-8:45	Breakfast: 8:30-9:00 Meds: 7:15-8:45	Breakfast: 8:30-9:00 Meds: 7:15-8:45	Breakfast: 8:30-9:00 Meds: 7:15-8:45	Breakfast: 8:30-9:00 Meds: 7:15-8:45	Breakfast: 8:30-9:00 Meds: 7:15-8:45	
Self-Care/Homework	CBT Ken Vista 9:00-10:00am	Living in Balance Ken Vista 9:00-11:00am	Self-Esteem & Self-Compassion Lisa Vista 9:00-10:00am	Medicine Wheel Jen Vista 9:00-11:00am	Self-Esteem & Self-Compassion Lisa Vista 9:00-10:00am	Family Education Kurt Vista 9:15-10:15am	
Relapse Prevention Ronnie Vista 10:30-11:30am	Depression Management Brian Vista 10:30-11:30am		Art Therapy Sabrina Vista 10:30-11:30am	Orientation Jen Vista 11:15-11:45am	Seeking Safety Robyn Vista 10:30-11:30am	Recovery Basics Robyn 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	
Guilt & Shame Brian Vista 1:00-2:00pm	Relapse Prevention Ronnie Vista 1:00-2:00pm	Recreational Activity (to be announced) 1:00-4:30pm	Relapse Prevention Ronnie Vista 1:00-2:00pm	Health & Wellness Sabrina Vista 1:00-2:00pm	CBT Ken Vista 1:00-2:00pm	Visitation 1:30-5:00pm (Must be pre-approved)	
Self-Care/Homework	Process Group Ken Vista 2:15-4:15pm		Process Group Kurt Vista 2:15-4:15pm	Confident Parenting Brian Med Room 3:15-4:15pm (assigned by counselor)	Process Group Kurt Vista 2:15-4:15pm	Process Group Ken Vista 2:15-4:15pm	Self-Care/Homework
Dinner: 5:30-6:00 Meds: 4:30-5:45	Dinner: 5:30-6:00 Meds: 4:30-5:45		Dinner: 5:30-6:00 Meds: 4:30-5:45		Dinner: 5:30-6:00 Meds: 4:30-5:45	Dinner: 5:30-6:00 Meds: 4:30-5:45	Dinner: 5:30-6:00 Meds: 4:30-5:45
Big Book Study Guest Leaders Vista 6:00-7:00pm	Ocean Park AA Meeting DEPARTURE: 6:45pm	Yoga Sabrina Vista 6:15-7:00pm (Optional)	Red Road Meeting Peer Led Vista 6:30-7:30pm	Yoga or Singing Bowls Sabrina Vista or 106 6:15-7:00pm (Every other week)	Ocean Park AA Meeting DEPARTURE: 6:45pm	Speaker Meeting Anonymous Vista 6:00-7:00pm (Peer led in-house meeting if speaker is unavailable)	
		Twelve Step Recovery Jeff Vista 7:15-8:15pm	OR Celebrate Recovery Kandi Lotus Room 6:30-7:30pm	OR Step work & Sponsorship Al Room 106 6:00-7:00pm (Every other week)			
Self-Care 7:30-9:00pm	Step work/Homework Vista 8:30-9:00pm	Step work/Homework Vista 8:15-9:00pm	Step work/Homework Vista 8:00-9:00pm	NA Meeting Peer Led Med Room 6:00-7:00pm	Step work/Homework Vista 8:30-9:00pm	In Person Church Service Room 106 7:15pm-8:15pm (Optional)	
Meds: 8:30-10:00	Meds: 8:30-10:00	Meds: 8:30-10:00	Meds: 8:30-10:00	Meds: 8:30-10:00	Meds: 8:30-10:00	Meds: 8:30-10:00	
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."