



## 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   |
| Daily Reflections/Goals<br>Peer Led<br>Lotus Room<br>7:30am<br>(Optional) | Daily Reflections/Goals<br>Peer Led<br>Lotus Room<br>7:30-7:45am | Daily Reflections/Goals<br>Peer Led<br>Lotus Room<br>7:30-7:45am  | Daily Reflections Goals<br>Peer Led<br>Lotus Room<br>7:30-7:45am   | Daily Reflections/Goals<br>Peer Led<br>Lotus Room<br>7:30-7:45am   | Daily Reflections/Goals<br>Peer Led<br>Lotus Room<br>7:30-7:45am | Daily Reflections/Goals<br>Peer Led<br>Lotus Room<br>7:30-7:45am<br>(Optional)                                    |
| Breakfast: 8:00-8:30<br>Meds: 7:15-8:45                                   | Breakfast: 8:00-8:30<br>Meds: 7:15-8:45                          | Breakfast: 8:00-8:30<br>Meds: 7:15-8:45   | Breakfast: 8:00-8:30<br>Meds: 7:15-8:45  | Breakfast: 8:00-8:30<br>Meds: 7:15-8:45  | Breakfast: 8:00-8:30<br>Meds: 7:15-8:45                          | Breakfast: 8:00-8:30<br>Meds: 7:15-8:45   |
| Self-Care/Homework  | CBT<br>Ken<br>Vista<br>9:00-10:00am                              | Living in Balance<br>Ken<br>Vista<br>9:00-11:00am   | Self-Esteem & Self-Compassion<br>Lisa<br>Vista<br>9:00-10:00am   | Medicine Wheel<br>Jen<br>Vista<br>9:00-11:00am   | Self-Esteem & Self-Compassion<br>Lisa<br>Vista<br>9:00-10:00am   | Family Education<br>Kurt<br>Vista<br>9:15-10:15am   |
| Relapse Prevention<br>Ronnie<br>Vista<br>10:30-11:30am                    | Depression Management<br>Brian<br>Vista<br>10:30-11:30am         |   | Art Therapy<br>Sabrina<br>Vista<br>10:30-11:30am   | Orientation<br>Jen<br>Vista<br>11:15-11:45am   | Seeking Safety<br>Robyn<br>Vista<br>10:30-11:30am                | Recovery Basics<br>Robyn<br>Vista<br>10:30-11:30am  |
| Lunch: 11:30-12:00<br>Meds: 12:00-1:00                                    | Lunch: 11:30-12:00<br>Meds: 12:00-1:00                           | Lunch: 11:30-12:00<br>Meds: 12:00-1:00  | Lunch: 11:30-12:00<br>Meds: 12:00-1:00   | Lunch: 11:30-12:00<br>Meds: 12:00-1:00   | Lunch: 11:30-12:00<br>Meds: 12:00-1:00                           | Lunch: 11:30-12:00<br>Meds: 12:00-1:00  |
| Visitation<br>1:30-5:00pm<br>(Must be pre-approved)                       | Relapse Prevention<br>Ronnie<br>Vista<br>1:00-2:00pm             | Recreational Activity<br>(to be announced)<br>1:00-4:30pm   | Relapse Prevention<br>Ronnie<br>Vista<br>1:00-2:00pm   | Health & Wellness<br>Sabrina<br>Vista<br>1:00-2:00pm   | CBT<br>Ken<br>Vista<br>1:00-2:00pm                               | Guilt & Shame<br>Robyn<br>Lotus Room<br>1:00-2:00pm   |
| Self-Care/Homework  | Process Group<br>Lisa<br>Lotus Room<br>2:15-4:15pm               |   | Process Group<br>Lisa<br>Lotus Room<br>2:15-4:15pm   | Confident Parenting<br>Brian<br>Med Room<br>3:15-4:15pm<br>(assigned by counselor)   | Process Group<br>Robyn<br>Lotus Room<br>2:15-4:15pm              | Process Group<br>Lisa<br>Lotus Room<br>2:15-4:15pm  |
| Dinner: 5:00-5:30<br>Meds: 4:30-5:45                                      | Dinner: 5:00-5:30<br>Meds: 4:30-5:45                             | Dinner: 5:00-5:30<br>Meds: 4:30-5:45  | Dinner: 5:00-5:30<br>Meds: 4:30-5:45   | Dinner: 5:00-5:30<br>Meds: 4:30-5:45   | Dinner: 5:00-5:30<br>Meds: 4:30-5:45                             | Dinner: 5:00-5:30<br>Meds: 4:30-5:45  |
| Big Book Study<br>Guest Leaders<br>Vista<br>6:00-7:00pm                   | Ocean Park AA<br>Meeting<br>DEPARTURE: 6:45pm                    | Yoga<br>Sabrina<br>Vista<br>6:15-7:00pm<br>(Optional)<br><br>Twelve Step Recovery<br>Jeff<br>Vista<br>7:15-8:15pm | Red Road Meeting<br>Peer Led<br>Vista<br>6:30-7:30pm<br><br>OR<br><br>Celebrate Recovery<br>Kandi<br>Lotus Room<br>6:30-7:30pm | Yoga or Singing Bowls<br>Sabrina<br>Vista or 106<br>6:15-7:00pm<br>(Every other week)<br><br>OR<br><br>Step Work & Sponsorship<br>AI<br>Room 106<br>6:00-7:00pm<br>(Every other week)<br><br>OR<br><br>NA Meeting<br>Peer Led<br>Outer Med Room<br>6:00-7:00pm | Ocean Park AA<br>Meeting<br>DEPARTURE: 6:45pm                    | Speaker Meeting<br>Anonymous<br>Vista<br>6:00-7:00pm<br><br>(Peer led in-house meeting if speaker is unavailable) |
| Self-Care<br>7:30-9:00pm  | Step work/Homework<br>Lotus Room<br>8:30-9:00pm                  | Step work/Homework<br>Lotus Room<br>8:15-9:00pm   | Step work/Homework<br>Lotus Room<br>8:00-9:00pm  | Step work/Homework<br>Lotus Room<br>8:00-9:00pm  | Step work/Homework<br>Lotus Room<br>8:30-9:00pm                  | In Person Church Service<br>Room 106<br>7:15pm-8:15pm<br>(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<br>10:00pm   | Quiet Time in room<br>10:00pm                                    | Quiet Time in room<br>10:00pm   | Quiet Time in room<br>10:00pm  | Quiet Time in room<br>10:00pm  | Quiet Time in room<br>10:00pm                                    | Quiet Time in room<br>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."*