

MINDFULNESS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7:45 - 8:30	Wake Up/ Breakfast	Wake Up/ Breakfast	Wake Up/ Breakfast	Wake Up/ Breakfast	Wake Up/ Breakfast			
9:00 - 9:45	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	8:30 - 9:15 Wake Up/ Breakfast	8:30 - 9:15 Wake Up/ Continental Breakfast	
10:00 - 11:30	10:00 - 11:00 Art Workshop	9:30 - 10:00 Nutrition Group	9:45- 10:30 Creative Spirituality	Health & Medication Education	Gym	9:30 - 12:00 Patient Workshop	9:30 Here & Now	
	10:00 - 11:30 Gym	Gym OR Flower Arranging	11:00 LGBTQ	10:30 - 11:30 Gym/Horticul e Therapy			10:45 Pet Therapy	10:45 - 11:30 Knitting OR Gym
11:45 - 12:30	Lunch	Lunch	Lunch	Lunch	Lunch	12:00 Check-In @ House	12:00 Check-In @ House	
12:30	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	12:00 - 12:45 Lunch	12:15 - 1:00 Brunch	
1:00 - 1:45	Target Symptoms Homework Review	Target Symptoms Homework Review	Taking Hold of Your Mind: What & How Skills	Target Symptoms Homework Review	Target Symptoms Homework Review	12:00 - 3:30 Visiting	12:00 - 3:30 Visiting	1:30 - 2:00 Inter-Faith Service for Recovery (Chapel)
2:00 - 2:45	Skills Training Overview & Orientation to Mindfulness	Wise Mind: States of Mind	Yoga or Meditation	Mindfulness of Current Thoughts	Dialectics: How to Think & Act Dialectically	1:00 - 3:00 Open Art Studio	1:00 - 3:00 Gym	
3:00 - 3:45	Primary Group	Primary Group	Primary Group	Primary Group	Primary Group	2:00 Check-In @ House	2:00 Check-In @ House	
3:45	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	
4:00 - 6:30	4pm Horticulture	Gym	4:30 Open Chapel	Gym	Gym	3:30 - 4:30 Yoga	3:45 - 4:45 Zentangle	3:30 - 4:30 Tai Chi
	Gym							
4:45 - 6:45	Visiting	Visiting	Visiting	Visiting	Visiting			
5:45 - 6:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
6:45	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	
7:00 - 8:00	DBT Skills Review & Wrap Up	Skills Review	Refuge Recovery	DBT Skills Review & Wrap Up	DBT Skills Review & Wrap Up	DBT Skills Review & Wrap Up	Weekend Discussion & Wrap Up	
8:30 - 9:30	NA Meeting	AA Meeting	AA Meeting	AA Meeting	AA Meeting	7:30 - 8:30 AA Meeting	7:30 - 8:30 AA Meeting	
11:00	In Room	In Room	In Room	In Room	In Room	In Room	In Room	
11:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	

Smoking Cessation Tuesdays & Thursdays 11:00 - 11:30
Please notify staff if you would like to participate

DBT Family Group Wednesdays 5:45 - 7:15 Jurgenson

INTERPERSONAL EFFECTIVENESS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
7:45 - 8:30	Wake Up/ Breakfast	Wake Up/ Breakfast	Wake Up/ Breakfast	Wake Up/ Breakfast	Wake Up/ Breakfast				
9:00 - 9:45	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	8:30 - 9:15 Wake Up/ Breakfast	8:30 - 9:15 Wake Up/ Continental Breakfast		
10:00 - 11:30	10:00 - 11:00 Art Workshop	10:00 - 10:45 Spirituality	9:45- 10:30 Creative Spirituality	Health & Medication Education	Gym	9:30 - 12:00 Patient Workshop	9:30 Here & Now		
	10:00 - 11:30 Gym	Gym OR Flower Arranging	11:00 LGBTQ	10:30 - 11:30 Gym/Horticultu re Therapy			10:45 Pet Therapy	10:45 - 11:30 Knitting OR Gym	11:00 Goals Group
11:45 - 12:30	Lunch	Lunch	Lunch	Lunch	Lunch	12:00 Check-In @ House	12:00 Check-In @ House		
12:30	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	12:00 - 12:45 Lunch	12:15 - 1:00 Brunch		
1:00 - 1:45	Chain Analysis	Target Symptoms Homework Review	Guidelines for Relationship Effectiveness: GIVE	Target Symptoms Homework Review	Target Symptoms Homework Review	12:00 - 3:30 Visiting	12:00 - 3:30 Visiting		
2:00 - 2:45	Overview, Goals, & Facotrs Interfering with Interpersonal Effectiveness	Guidelines for Objective Effectiveness: DEAR MAN	Yoga or Meditation	Guidelines for Self- Respect Effectiveness: FAST	How to Intensely Ask for Something or Say No	1:00 - 3:00 Open Art Studio	1:00 - 3:30 Gym	1:30 - 2:00 Inter-Faith Service for Recovery (Chapel)	
3:00 - 3:45	Primary Group	Primary Group	Primary Group	Primary Group	Primary Group	2:00 Check- In @ House	2:00 Check-In @ House		
3:45	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House		
4:00 - 6:30	4pm Horticulture	Gym	4:30	Gym	Gym	Gym	3:30 - 4:30 Yoga	3:45 - 4:45	3:30 - 4:30 Tai Chi
	Gym		Open Chapel					Zentangle	
4:45 - 6:45	Visiting	Visiting	Visiting	Visiting	Visiting	Visiting			
5:45 - 6:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		
6:45	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House		
7:00 - 8:00	DBT Skills Review & Wrap Up	Skills Review	Refuge Recovery	DBT Skills Review & Wrap Up	DBT Skills Review & Wrap Up	DBT Skills Review & Wrap Up	DBT Skills Review & Wrap Up	Weekend Discussion & Wrap Up	
8:30 - 9:30	NA Meeting	AA Meeting	AA Meeting	AA Meeting	AA Meeting	AA Meeting	7:30 - 8:30 AA Meeting	7:30 - 8:30 AA Meeting	
11:00	In Room	In Room	In Room	In Room	In Room	In Room	In Room		
11:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out		

Smoking Cessation Tuesdays & Thursdays 11:00 - 11:30
Please notify staff if you would like to participate

DBT Family Group Wednesdays 5:45 - 7:15 Jurgenson

EMOTIONAL REGULATION



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
7:45 - 8:30	Wake Up/ Breakfast	Wake Up/ Breakfast	Wake Up/ Breakfast	Wake Up/ Breakfast	Wake Up/ Breakfast				
9:00 - 9:45	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	8:30 - 9:15 Wake Up/ Breakfast	8:30 - 9:15 Wake Up/ Continental Breakfast		
10:00 - 11:30	10:00 - 11:00 Art Workshop	10:00 - 10:45 Spirituality	9:45- 10:30 Creative Spirituality	Health & Medication Education	Gym	9:30 - 12:00 Patient Workshop	9:30 Here & Now		
	10:00 - 11:30 Gym	Gym OR Flower Arranging	11:00 LGBTQ	10:30 - 11:30 Gym/Horticul e Therapy			10:45 Pet Therapy	11:00 Goals Group	
11:45 - 12:30	Lunch	Lunch	Lunch	Lunch	Lunch	12:00 Check-In @ House	12:00 Check-In @ House		
12:30	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	12:00 - 12:45 Lunch	12:15 - 1:00 Brunch		
1:00 - 1:45	Target Symptoms Homework Review	Target Symptoms Homework Review	Opposite Action	Target Symptoms Homework Review	Target Symptoms Homework Review	12:00 - 3:30 Visiting	12:00 - 3:30 Visiting		
2:00 - 2:45	Overview, Function & Model of Emotions	Check the Facts: Primary & Secondary Emotions	Yoga or Meditation	Problem Solving	ABC PLEASE & Values and Priorities	1:00 - 3:00 Open Art Studio	1:00 - 3:00 Gym	1:30 - 2:00 Inter-Faith Service for Recovery (Chapel)	
3:00 - 3:45	Primary Group	Primary Group	Primary Group	Primary Group	Primary Group	2:00 Check-In @ House	2:00 Check-In @ House		
3:45	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House		
4:00 - 6:30	4pm Horticulture	Gym	4:30 Open Chapel	Gym	Gym	Gym	3:30 - 4:30 Yoga	3:45 - 4:45 Zentangle	3:30 - 4:30 Tai Chi
	Gym								
5:00 - 5:45	Visiting	Visiting	Visiting	Visiting	Visiting				
5:45 - 6:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		
6:45	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House		
7:00 - 8:00	DBT Skills Review & Wrap Up	Skills Review	Refuge Recovery	DBT Skills Review & Wrap Up	DBT Skills Review & Wrap Up	DBT Skills Review & Wrap Up	Weekend Discussion & Wrap Up		
8:30 - 9:30	NA Meeting	AA Meeting	AA Meeting	AA Meeting	AA Meeting	7:30 - 8:30 AA Meeting	7:30 - 8:30 AA Meeting		
11:00	In Room	In Room	In Room	In Room	In Room	In Room	In Room		
11:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out		

Smoking Cessation Tuesdays & Thursdays 11:00 - 11:30
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DBT Family Group Wednesdays 5:45 - 7:15 Jurgenson

EFFECTIVE 11-11-18

DISTRESS TOLERANCE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7:45 - 8:30	Wake Up/ Breakfast	Wake Up/ Breakfast	Wake Up/ Breakfast	Wake Up/ Breakfast	Wake Up/ Breakfast			
9:00 - 9:45	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	8:30 - 9:15 Wake Up/ Breakfast	8:30 - 9:15 Wake Up/ Continental Breakfast	
10:00 - 11:30	10:00 - 11:00 Art Workshop	10:00 - 10:45 Spirituality		9:45- 10:30 Creative Spirituality	Health & Medication Education	Gym	9:30 - 12:00 Patient Workshop	9:30 Here & Now
	10:00 - 11:30 Gym	Gym OR Flower Arranging	11:00 LGBTQ	10:30 - 11:30 Gym/Horticult ure Therapy	10:45 Pet Therapy			10:45 - 11:30 Knitting OR Gym
11:45 - 12:30	Lunch	Lunch	Lunch	Lunch	Lunch	12:00 Check-In @ House	12:00 Check-In @ House	
12:30	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	12:00 - 12:45 Lunch	12:15 - 1:00 Brunch	
1:00 - 1:45	Target Symptoms Homework Review	Target Symptoms Homework Review	Self-Soothing & Improving the Moment	Target Symptoms Homework Review	Target Symptoms Homework Review	12:00 - 3:30 Visiting	12:00 - 3:30 Visiting	1:30 - 2:00 Inter-Faith Recovery (Chapel)
2:00 - 2:45	Overview: Crisis Survival Skills and STOP	TIP Skills: Changing Your Body Chemistry & Distracting	Yoga or Meditation	Radical Acceptance & Turning the Mind	Willingness, Half-Smiling & Wiling Hands, & Mindfulness of Current Thoughts	1:00 - 3:00 Open Art Studio	1:00 - 3:30 Gym	
3:00 - 3:45	Primary Group	Primary Group	Primary Group	Primary Group	Primary Group	2:00 In @ House	2:00 Check-In @ House	
3:45	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	
4:00 - 6:30	4pm Horticulture	Gym	4:30 Open Chapel	Gym	Gym	3:30 - 4:30 Yoga	3:45 - 4:45 Zentangle	3:30 - 4:30 Tai Chi
	Gym							
4:45 - 6:45	Visiting	Visiting	Visiting	Visiting	Visiting			
5:45 - 6:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
6:45	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	
7:00 - 8:00	DBT Skills Review & Wrap Up	Skills Review	Refuge Recovery	DBT Skills Review & Wrap Up	DBT Skills Review & Wrap Up	DBT Skills Review & Wrap Up	DBT Skills Review & Wrap Up	Weekend Discussion & Wrap Up
8:30 - 9:30	NA Meeting	AA Meeting	AA Meeting	AA Meeting	AA Meeting	7:30 - 8:30 AA Meeting	7:30 - 8:30 AA Meeting	
11:00	In Room	In Room	In Room	In Room	In Room	In Room	In Room	
11:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	

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