

SELF AWARENESS



	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	In-House Step Meeting	9:45 Smoking Cessation Education		9:45- 10:30 Creative Spirituality		10:30 - 11:30 Respect Your Body	10:00 Meditation		
	Gym	Gym OR Flower Arranging	11:00 LGBTQ	10:30 - 11:30 Gym/Horticultu re Therapy	10:45 Pet Therapy		10:30 - 11:30 Journey Dance	11:00 Topic 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	Mindfulness Wise Mind/ What & How Skills	Women's Group Mindfulness Middle Path		Yoga or Meditation	Health & Medication Education	12:00 - 3:30 Visiting	1:00 - 3:30 Gym	12:00 - 3:30 Visiting	1:30 Inter-Faith Service for Recovery (Chapel)
2:00 - 2:45	Women's Group Anger Management	Women's Group Spirituality of One's Own		Women's Group Cognitive Therapy	Women's Group Self-Esteem		Women's Group Identifying Priorities	2:00 Check-In @ House	1:00 - 3:00 Gym
3:00 - 3:45	Primary Group	Primary Group	Primary Group	Primary Group	Primary Group				
3:45	Check-In @ House	Check-In @ House	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	Gym	Gym	4:30 Open Chapel	Gym	Gym	Gym	3:30 - 4:30 Yoga	3:45 - 4:45 DBT Skill Review	3:30 Horticulture Therapy
4:45 - 6:45	Visiting	Visiting	Visiting	Visiting	Visiting	Visiting		4:45 Speaker (VOL)	4:45 Speaker (VOL)
5:45 - 6:30	Dinner	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	Check-In @ House	
7:00 - 8:00	DBT Skills	Speaker (VOL)	Refuge Recovery	7:15 Women's AA Meeting	6:45 Alumni Night	Speaker (VOL)	7:30 - 8:30 AA Meeting	7:30 - 8:30 AA Meeting	
8:30 - 9:30	NA Meeting	AA Meeting		Self Discovery	AA Meeting	AA Meeting			
9:45 - 10:15	Goals/Wrap Up	Goals/Wrap Up	Goals/Wrap Up	Goals/Wrap Up	Goals/Wrap Up	Goals/Wrap Up	8:45 - 9:15 Goals/Wrap Up	8:45 - 9:15 Goals/Wrap Up	
10:30	House Chores	House Chores	House Chores	House Chores	House Chores	House Chores	House Chores	House Chores	
11:00	In Room	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	Lights Out	

REGULATING EMOTIONS



	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	In-House Step Meeting	9:30 Nutrition	9:45- 10:30 Creative Spirituality	9:20 Recovery Sup 9:30 Knitting	10:30 - 11:30 Respect Your Body	9:30 - 12:00 Patient Workshop	10:00 Meditation		
	Gym	Gym OR Flower Arranging	11:00 LGBTQ	10:30 - 11:30 Gym/Horticultu re Therapy			10:45 Pet Therapy	10:30 - 11:30 Journey Dance	11:00 Topic 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	The Function of Emotion Overview	Women's Group Understanding Emotions	Yoga or Meditation	Health & Medication Education	Family's Perspective on Addiction	12:00 - 3:30 Visiting	1:00 - 3:30 Gym	12:00 - 3:30 Visiting	1:30 Inter-Faith Service for Recovery (Chapel)
2:00 - 2:45	Women's Group Urges & Cravings	Women's Group Spirituality: Meaning Making	Women's Group Increasing Positive Emotions/Decreasing	Disease Model of Addiction (Unwoven)	Women's Group CBT Event Log		2:00 Check-In @ House	1:00 - 3:00 Gym	2:00 Check-In @ House
3:00 - 3:45	Primary Group	Primary Group	Primary Group	Primary Group	Primary Group				
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	Gym	Gym	4:30 Open Chapel	Gym	Gym	3:30 - 4:30 Yoga	3:45 - 4:45 DBT Skill Review	3:45 - 4:45 Zentangle	3:30 - 4:30 Tai Chi
4:45 - 6:45	Visiting	Visiting	Visiting	Visiting	Visiting		4:45 Speaker (VOL)	4:45 Speaker (VOL)	
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	Speaker (VOL)	Refuge Recovery	7:15 Women's AA Meeting	6:45 Alumni Night	Speaker (VOL)	7:30 - 8:30 AA Meeting	7:30 - 8:30 AA Meeting	
8:30 - 9:30	NA Meeting	AA Meeting	Self Discovery	AA Meeting	AA Meeting				
9:45 - 10:15	Goals/Wrap Up	Goals/Wrap Up	Goals/Wrap Up	Goals/Wrap Up	Goals/Wrap Up	8:45 - 9:15 Goals/Wrap Up	8:45 - 9:15 Goals/Wrap Up		
10:30	House Chores	House Chores	House Chores	House Chores	House Chores	House Chores	House Chores		
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		

INTERPERSONAL SKILLS

	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	In-House Step Meeting	9:45 Smoking Cessation Education	9:45- 10:30 Creative Spirituality	9:20 Recovery Support 9:30 Knitting	10:30 - 11:30 Respect Your Body	9:30 - 12:00 Patient Workshop	10:00 Meditation		
	Gym	Gym OR Flower Arranging	11:00 LGBTQ	10:30 - 11:30 Gym/Horticult ure Therapy			10:45 Pet Therapy	10:30 - 11:30 Journey Dance	11:00 Topic 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	Interpersonal Effectiveness Overview	Women's Group Creating a Life Worth Living	Yoga or Meditation	Health & Medication Education	Stages of Change	12:00 - 3:30 Visiting	1:00 - 3:30 Gym	12:00 - 3:30 Visiting	1:30 Inter-Faith Service for Recovery (Chapel)
2:00 - 2:45	Women's Group Relationships in Recovery	Women's Group Spirituality Loss & Gain	Women's Group Strategies for Interpersonal Effectiveness	Women's Group Triggers	Women's Increasing Motivation to Change		2:00 Check-In @ House		
3:00 - 3:45	Primary Group	Primary Group	Primary Group	Primary Group	Primary Group				
3:45	Check-In @ House	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	Gym	Gym	4:30 Open Chapel	Gym	Gym	3:30 - 4:30 Yoga	3:45 - 4:45 DBT Skill Review	3:30 Horticulture Therapy	
4:45 - 6:45	Visiting	Visiting	Visiting	Visiting	Visiting			4:45 Speaker (VOL)	4:45 Speaker (VOL)
5:45 - 6:30	Dinner	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	Check-In @ House	
7:00 - 8:00	DBT Skills	Speaker (VOL)	Refuge Recovery	7:15 Women's AA Meeting	6:45 Alumni Night	Speaker (VOL)	7:30 - 8:30 AA Meeting	7:30 - 8:30 AA Meeting	
8:30 - 9:30	NA Meeting	AA Meeting	Self Discovery	AA Meeting	AA Meeting				
9:45 - 10:15	Goals/Wrap Up	Goals/Wrap Up	Goals/Wrap Up	Goals/Wrap Up	Goals/Wrap Up	Goals/Wrap Up	8:45 - 9:15 Goals/Wrap Up	8:45 - 9:15 Goals/Wrap Up	
10:30	House Chores	House Chores	House Chores	House Chores	House Chores	House Chores	House Chores	House Chores	
11:00	In Room	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	Lights Out	

PROBLEM SOLVING



	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	In-House Step Meeting	9:45 Smoking Cessation Education	9:45- 10:30 Creative Spirituality	9:20 Recovery Support 9:30 Knitting	10:30 - 11:30 Respect Your Body	9:30 - 12:00 Patient Workshop	10:00 Meditation		
	Gym	Gym OR Flower Arranging	11:00 LGBTQ	10:30 - 11:30 Gym/Horticulture Therapy			10:45 Pet Therapy	11:00 Topic 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	Crisis Survival Skills	Women's Group Behavioral Chain Analysis	Yoga or Meditation	Health & Medication Education	Cognitive Distortions	12:00 - 3:30 Visiting	1:00 - 3:30 Gym	12:00 - 3:30 Visiting	1:30 Inter-Faith Service for Recovery (Chapel)
2:00 - 2:45	Women's Group Relapse Prevention	Women's Group Spiritual & Emotional Life	Women's Group Radical Acceptance	Women's Group Building Motivation for Sobriety	Women's Group Common Recovery Dilemmas		2:00 Check-In @ House		
3:00 - 3:45	Primary Group	Primary Group	Primary Group	Primary Group	Primary Group	Check-In @ House	Check-In @ House	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	Gym	Gym	4:30 Open Chapel	Gym	Gym	3:30 - 4:30 Yoga	3:45 - 4:45 DBT Skill Review	3:45 - 4:45 Zentangle	3:30 - 4:30 Tai Chi
4:45 - 6:45	Visiting	Visiting	Visiting	Visiting	Visiting		4:45 Speaker (VOL)	4:45 Speaker (VOL)	
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	Speaker (VOL)	Refuge Recovery	7:15 Women's AA Meeting	6:45 Alumni Night	Speaker (VOL)	7:30 - 8:30 AA Meeting	7:30 - 8:30 AA Meeting	
8:30 - 9:30	NA Meeting	AA Meeting	Self Discovery	AA Meeting	AA Meeting				
9:45 - 10:15	Goals/Wrap Up	Goals/Wrap Up	Goals/Wrap Up	Goals/Wrap Up	Goals/Wrap Up	8:45 - 9:15 Goals/Wrap Up	8:45 - 9:15 Goals/Wrap Up		
10:30	House Chores	House Chores	House Chores	House Chores	House Chores	House Chores	House Chores		
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		