



## DAILY SCHEDULE

MONDAY THROUGH FRIDAY	
MORNING	
8:00 AM	Resident Vitals & Medication
8:30 AM	Breakfast
9:15 AM	Morning Meditation
10:00 AM – 12:00 PM	Clinical Group Therapy & Individual Sessions
AFTERNOON	
12:00 PM – 1:00 PM	Lunch
1:00 PM – 4:00 PM	Clinical Group Therapy
4:00 PM – 5:00 PM	Break / Gym
EVENING	
5:00 PM – 7:00 PM	Dinner
7:00 PM – 8:00 PM	AA/NA Meeting
8:00 PM	Resident Vitals & Medication
9:30 PM	Daily Reflection
11:30 PM	Bedtime
SATURDAY	
1:00 PM – 2:00 PM	Community Meeting (Day Room)
2:00 PM – 4:00 PM	Group
SUNDAY	
4:00 PM – 7:00 PM: Community Dinner & Movie	