

LIGHTHOUSE LEKKI DAILY TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:45am – 6:00am	WAKE-UP CALL						WAKE UP/ DEVOTIONAL	
6:00am – 6:45am	GROUP MORNING DEVOTIONALS							
6:45am – 7:15am	MORNING FITNESS					MORNING FITNESS	MORNING PRAISE	
7:15am – 7:45am	PERSONAL HYGIENE AND GENERAL CLEANING							
7:45am – 8:20am	MEDICAL CHECKS (VITALS: WEIGHT, BLOOD PRESSURE, ETC.)					SHOWERS	HOUSE INSPECTION/CLEANING	
							SHOWERS	
8:20am – 9:30am	BREAKFAST							
9:30am - 10:00am	SHORT BREAK						Sunday service	
10:00am -11.30am	Therapeutic Community Meeting Clients/ Therapist	What is Treatment? Doctor/ Therapist	Therapeutic Community Meeting Clients/ Therapist	Anxiety & Depression Cognitive Behavioural Therapy Clinical Psychologist	Therapeutic Community Meeting Clients/ Therapist	Values, Beliefs, & Spirituality Pastor		
11:30am-12:15pm	Disease of Addiction Doctor/Therapist	Stages of Change Doctor/ Psychologist/ Social worker	Drugs, drug use and its consequence Doctor/ Psychologist/Social worker	One-on-One Counselling Values, Beliefs, & Spirituality Pastor	Anger and resentment Management Psychologist Staff/Social Worker	Medical Checks and Discussion/ Career counselling Volunteer		
12:15pm – 1:00pm	Coping with cravings Doctor/Psychologist/ Social worker	Moments of Reflection Social Worker/ Pastor	Anger and resentment Management Psychologist Staff/Social Worker	Health Education Medical Team	12 Steps Social Support Staff			
1:00pm – 1:30pm	LUNCH							
1:30pm-2:30pm	SIESTA							
2:30pm – 3:30pm	Values, Beliefs, & Spirituality. Pastor	Manifestation s of Addiction Doctor/ Psychologist/ Social worker	Medical Check-ups Medical Team	Relapse prevention therapy Psychologist/ social worker	Denial & Self- Deception Moments of Reflection Psychologist/ social worker	Thoughts, Feelings, & Emotions Volunteer	Free Time / Visits	
3:30pm – 4:30pm	Communication & Boundaries Therapy Social Support Staff	Health Education Medical Team	Recovery, Not Relapse Doctor/ Psychologist/ Social worker	Denial & Self- Deception Psychologist/So cial worker	Embracing powerlessness without feeling helpless Psychologist/Pa stor			
4:30pm – 5:00pm	GROUP EXPLORE AND DISCOVER LECTURE SERIES							
5:00pm – 7:00pm	EVENING FITNESS, SHOWER							
7:00pm – 8:00pm	DINNER							
8:00pm – 8:45pm	EVENING DEVOTIONALS							
8:45pm – 11:00pm	PERSONAL REFLECTION / FREE TIME/LIGHTS OUT							

NOTE: Programs run from 10:00am-1:00pm/2:30pm -5:00pm. All clients are required to be in attendance.