

# Residential Schedule

\*Gym Schedule Posted on Activities Board

Phone Calls May be Made:  
 8AM-9AM\* ☎ 3:45PM-5PM  
 8:45PM-9:45PM  
 \*Sign-Up with RA Required



Updated: 11/12/2024

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workbook Pages	<b>RELATIONSHIPS</b> (pg. 209-222; pg.273-284)	<b>TRAUMA</b> (pg. 179-200)	<b>MENTAL/PHYSICAL HEALTH</b> (pg.29-98; pg.99-129)	<b>LIFE SKILLS</b> (pg. 131-177)	<b>RELAPSE PREVENTION</b> (pg.19-27; pg.223-271)	<b>RECOVERY FOCUS</b> (pg. 1-17; pg. 285) AA/NA	<b>SPIRITUALITY</b> (pg.201-207)
5:45-7:00	Vitals Start/End	Vitals Start/End	Vitals Start/End	Vitals Start/End	Vitals Start/End	Vitals Start/End	Vitals Start/End
7:00-7:30	<b>Daily Goal Setting In Recovery</b> Ballroom Main	<b>Daily Goal Setting In Recovery</b> Ballroom Main	<b>Daily Goal Setting In Recovery</b> Ballroom Main	<b>Daily Goal Setting In Recovery</b> Ballroom Main	<b>Daily Goal Setting In Recovery</b> Ballroom Main	<b>Daily Goal Setting In Recovery</b> Ballroom Main	<b>Daily Goal Setting In Recovery</b> Ballroom Main
7:30-9:00	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass
8:00-9:00	<b>Breakfast * Breakfast * Breakfast * Breakfast * Breakfast * Breakfast * Breakfast * Breakfast * Breakfast * Breakfast</b>						
9:00-10:00	<b>Developing Structure in Activities of Daily Living</b> Self-Care, Meditation, Quiet Time  OR <b>Individual Reflection and Spiritual Growth</b> Journal, decompress from group, etc. in a quiet place.	<b>Developing Structure in Activities of Daily Living</b> Self-Care, Meditation, Quiet Time  OR <b>Individual Reflection and Spiritual Growth</b> Journal, decompress from group, etc. in a quiet place.	<b>Developing Structure in Activities of Daily Living</b> Self-Care, Meditation, Quiet Time  OR <b>Individual Reflection and Spiritual Growth</b> Journal, decompress from group, etc. in a quiet place.	<b>Developing Structure in Activities of Daily Living</b> Self-Care, Meditation, Quiet Time  OR <b>Individual Reflection and Spiritual Growth</b> Journal, decompress from group, etc. in a quiet place.	COED GROUP 9:10-10:45 <b>Gratitude and Affirmation/Recovery Dynamics</b> Ballroom Main  10:45-11:00 <b>Break</b>  11:00-11:45 <b>Relapse Prevention</b> Ballroom Main	COED GROUP 9:00-10:15 <b>Truth about Living in Recovery</b> Ballroom Main  COED GROUP 10:30 - 11:45 <b>Anger Management</b> Ballroom Main	COED GROUP 9:00-10:15 <b>Spirituality: The Soul of Recovery</b> Clinical/Theatre  <b>Quiet Prayer/ Meditation/ Reflection/Reading</b> RA/Women's Community Room  COED GROUP 10:30-11:45 <b>Developing Creative Life Skills in Recovery</b> Theatre
10:00-11:00	10:10-11:45 <b>Process Group (Combined)</b> Ballroom Main	10:10-11:45 <b>Process Group</b> Your Therapist's Office	10:10-11:45 <b>Process Group</b> Your Therapist's Office	10:10-11:45 <b>Process Group</b> Your Therapist's Office			
11:00-12:00							
11:30-1:00	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass	Medication Pass
12:00-1:00	<b>Lunch * Lunch * Lunch * Lunch * Lunch * Lunch * Lunch * Lunch * Lunch * Lunch * Lunch * Lunch * Lunch</b>						
1:00-2:00	<b>Community/Problem Solving Skill Group</b> Men: Ballroom Main Women: Ballroom 232	COED GROUP <b>Trauma Solutions</b> Theatre  <b>Pause for PAWS</b> Ballroom 232 <i>Level 1 or Level 2 Only</i>	COED GROUP <b>Medical Lecture/PAWS</b> Ballroom Main	COED GROUP <b>A Transformative Life in Recovery</b> Theatre	<b>Developing Structure in Activities of Daily Living</b> Self-Care, Meditation, Quiet Time  <b>Pause for PAWS</b> Ballroom 232 <i>Level 1 or Level 2 Only</i>	COED GROUP <b>Motivational Techniques in Recovery: Intentional Positivity</b> Ballroom Main	COED GROUP <b>Developing Creative Life Skills in Recovery: Musical Expressions</b> RA/Theatre

