

Residential Program

Phase I Schedule



	Mon	Tues	Wed	Thur	Fri	Sat	Sun
7 am :15	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up
8 am :30	Breakfast Community	Breakfast Community	Breakfast Community	Breakfast Community	Breakfast Community		
9 am :30	Chores	Chores	Chores	Chores	Chores		
10 am :30	One Day at a Time	One Day at a Time	One Day at a Time	One Day at a Time	One Day at a Time	Brunch/Chores	Brunch/Chores
11 am :30	Group/Individual Therapy	Group/Individual Therapy	Group/Individual Therapy	Group/Individual Therapy	Group/Individual Therapy	Free Time	Free Time
12 PM :30	Free Time	Free Time	Free Time	Free Time	Free Time		
1 PM :30	Lunch	Lunch	Lunch	Lunch	Lunch	Visiting Hours	Visiting Hours
2 PM :30	Yoga or Individual Therapy	Group/Individual Therapy	Group/Individual Therapy	Group/Individual Therapy	Group/Individual Therapy		
3 PM :30	Group/Individual Therapy	Gym or Individual Therapy	Gym or Individual Therapy	Gym or Individual Therapy	Gym or Individual Therapy		
4 PM :30	Free Time	Free Time	Free Time	Free Time	Free Time		
5 PM :30	Supper	Supper	Supper	Supper	Supper	Supper	Supper
6 PM :30	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time
7 PM :30	12-Step Meeting	12-Step Meeting	12-Step Meeting	12-Step Meeting	12-Step Meeting	12-Step Meeting	12-Step Meeting
8 PM :30	Snack/Free Time	Snack/Free Time	Snack/Free Time	Snack/Free Time	Snack/Free Time	Movies/Free Time	Movies/Free Time
9 PM :30	Snack/Free Time	Snack/Free Time	Snack/Free Time	Snack/Free Time	Snack/Free Time		
10 PM :30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out
11 PM :30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out		
12 pm :30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out
1 am :30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out
2 am :30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out