

Jupiter Women's Residential Program

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6:00 AM	GYM / SELF-CARE	GYM / SELF-CARE	GYM / SELF-CARE	GYM / SELF-CARE	GYM / SELF-CARE	GYM / SELF-CARE	GYM / SELF-CARE
7:00 AM	WAKE UP & BREAKFAST	WAKE UP & BREAKFAST	WAKE UP & BREAKFAST	WAKE UP & BREAKFAST	WAKE UP & BREAKFAST	WAKE UP & BREAKFAST	WAKE UP & BREAKFAST
8:30 AM	PATHWAYS TO PURPOSE Focuses on setting and achieving recovery milestones through personal and therapeutic goals.	PATHWAYS TO PURPOSE Focuses on setting and achieving recovery milestones through personal and therapeutic goals.	PATHWAYS TO PURPOSE Focuses on setting and achieving recovery milestones through personal and therapeutic goals.	PATHWAYS TO PURPOSE Focuses on setting and achieving recovery milestones through personal and therapeutic goals.	PATHWAYS TO PURPOSE Focuses on setting and achieving recovery milestones through personal and therapeutic goals.	STRENGTH IN MOVEMENT Encourages physical exercise as a means of supporting mental and physical health in recovery.	STRENGTH IN MOVEMENT Encourages physical exercise as a means of supporting mental and physical health in recovery..
8:45 AM	WORDS OF RECOVERY Using journaling as a therapeutic to reflect on emotions, behaviors, and progress in recovery.	WORDS OF RECOVERY Using journaling as a therapeutic to reflect on emotions, behaviors, and progress in recovery.	STRENGTH IN MOVEMENT Encourages physical exercise as a means of supporting mental and physical health in recovery.	WORDS OF RECOVERY Using journaling as a therapeutic to reflect on emotions, behaviors, and progress in recovery.	WORDS OF RECOVERY Using journaling as a therapeutic to reflect on emotions, behaviors, and progress in recovery.	PATHWAYS TO PURPOSE Focuses on setting and achieving recovery milestones through personal and therapeutic goals	PATHWAYS TO PURPOSE Focuses on setting and achieving recovery milestones through personal and therapeutic goals
9:45 AM	STRENGTH IN MOVEMENT Encourages physical exercise as a means of supporting mental and physical health in recovery.	STEPS OF GROWTH Focuses on therapeutic assignments to deepen understanding and recovery.	SONIC SERENITY Uses sound therapy to promote relaxation and emotional balance as part of recovery.	STRENGTH IN MOVEMENT Encourages physical exercise as a means of supporting mental and physical health in recovery.	STRENGTH IN MOVEMENT Encourages physical exercise as a means of supporting mental and physical health in recovery.	Inner Strength in Recovery Focuses on building mental and emotional resilience to overcome challenges and maintain sobriety.	COMMITMENTS TO GROWTH Focuses on responsibility, accountability, and healing through the lens of the “Four Agreements” in the recovery.
10:45 AM	HEALING VOICES Encourages processing personal stories and struggles, facilitating therapeutic breakthroughs.	HEALING VOICES Encourages processing personal stories and struggles, facilitating therapeutic breakthroughs.	TOOLS FOR A SOBER LIFE A group that teaches practical life skills needed to maintain sobriety and thrive in daily life.	REWIRING FOR RECOVERY A psychoeducational group exploring the neurological aspects of addiction and how therapy supports brain recovery.	HEALING THROUGH LOSS A grief and loss process group, helping individuals navigate these emotions without turning to substances.	FRESH START, FRESH SPACE A group activity centered on cleaning and organizing living spaces as a metaphor for mental clarity and recovery.	BRUNCH
12:00 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
1:00 PM	STEPS OF GROWTH Focuses on completing therapeutic assignments to deepen understanding and commitment to recovery.	FOUNDATIONS OF FREEDOM A study and application of the 12-step principles in everyday life as a guide to sobriety.	STEPS OF GROWTH Focuses on completing therapeutic assignments to deepen understanding and commitment to recovery.	Mind Over Matter A therapy group using Dialectical Behavior Therapy (DBT) and Cognitive Behavioral Therapy (CBT) to develop healthier	STEPS OF GROWTH Focuses on completing therapeutic assignments to deepen understanding and commitment to recovery.	HANDS ON HEALING A space for individuals to process their recovery journey through shared stories and therapeutic support.	REBUILDING CONNECTIONS Focuses on healing and strengthening family relationships through therapy, supporting both the individual in recovery and their loved ones.
1:45 PM	CONNECTIONS IN RECOVERY Explores building and maintaining healthy relationships as a key part of therapeutic healing and sustained recovery.	RECOVERY LIVING Group discussions focused on shared living responsibilities, fostering accountability, and supporting each other in recovery.	ACTION AND HEALING Involves hands-on experiences and activities to explore emotions and facilitate growth in recovery.	TOOLS FOR RESILIENCE Focuses on developing effective coping strategies to handle cravings, stress, and emotional triggers in recovery.	RECREATION IN MOTION Engages in recreational activities that support emotional well-being and physical health in recovery.		STRENGTH IN SOBRIETY A class to strengthen and promote resilience in recovery.
3:00 PM	CREATIVE RECOVERY Uses art, music, or writing to explore emotions and personal growth in therapy, aiding	SAFER PATHS TO RECOVERY A group focused on harm reduction strategies to reduce the negative impacts of substance use		SOBER CHOICES Provides an opportunity to practice decision-making in everyday situations, reinforcing			
4:00 PM	FREE TIME	FREE TIME		FREE TIME			
5:00 PM	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER 5:30
6:00 PM	CELEBRATIONS OF MILESTONES A ceremony where individuals receive recognition for their progress and achievements in the recovery journey.	CELEBRATIONS OF MILESTONES A ceremony where individuals receive recognition for their progress and achievements in the recovery journey.	CROSSING TO SOBRIETY Provides tools and support for transitioning from treatment to independent living in recovery.	CELEBRATIONS OF MILESTONES A ceremony where individuals receive recognition for their progress and achievements in the recovery journey.	CROSSING TO SOBRIETY Provides tools and support for transitioning from treatment to independent living in recovery.	FREE TIME	CROSSING TO SOBRIETY Provides tools and support for transitioning from treatment to independent living in recovery.
7:00 PM	12-STEP OR RECOVERY SUPPORT MEETING	12-STEP OR RECOVERY SUPPORT MEETING	12-STEP OR RECOVERY SUPPORT MEETING	12-STEP OR RECOVERY SUPPORT MEETING	FIT TO RECOVER	MOVIE NIGHT	12-STEP OR RECOVERY SUPPORT MEETING
8:30 PM	MIRRORS OF GROWTH Encourages self-reflection on progress, and goals, offering a space for deep introspection.	MIRRORS OF GROWTH Encourages self-reflection on progress, and goals, offering a space for deep introspection.	MIRRORS OF GROWTH Encourages self-reflection on progress, and goals, offering a space for deep introspection.	MIRRORS OF GROWTH Encourages self-reflection on progress, and goals, offering a space for deep introspection.	MIRRORS OF GROWTH Encourages self-reflection on progress, and goals, offering a space for deep introspection.	MIRRORS OF GROWTH Encourages self-reflection on progress, and goals, offering a space for deep introspection.	MIRRORS OF GROWTH Encourages self-reflection on progress, and goals, offering a space for deep introspection.
10:30 PM	QUIET TIME	QUIET TIME	QUIET TIME	QUIET TIME	QUIET TIME	QUIET TIME 11:00	QUIET TIME 11:00
11:00 PM	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT 11:30	LIGHTS OUT 11:30