Wasatch Crest Residential

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	
8:00 AM							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.	**PATHWAYS TO PURPOSE** Focuses on setting and achieving recovery milestones through personal and therapeutic goals.	
9:00 AM							**PATHWAYS TO PURPOSE** Focuses on setting and achieving recovery milestones through personal and therapeutic goals.
9:30 AM	**BALANCE IN RECOVERY** Integrates the practice of yoga with emotional and mental balance to aid in the recovery process.	**SHARED JOURNEYS** A therapeutic process group facilitating healing through open dialogue and therapy.	**CONNECTIONS IN RECOVERY** Explores building and maintaining healthy relationships as a key part of therapeutic healing and sustained recovery.	**VOICES OF HEALING** Encourages processing personal stories and struggles, facilitating therapeutic breakthroughs.	**REWIRING FOR RECOVERY** A psychoeducational group exploring the neurological aspects of addiction and how therapy supports brain recovery.	**FRESH START, FRESH SPACE** A group activity centered on cleaning and organizing living spaces as a metaphor for mental clarity and recovery.	
10:00 AM							**COMMITMENTS TO GROWTH** Focuses on personal responsibility, accountability, and healing through the lens of the "Four Agreements" in the context of recovery.
10:30 AM							
11:00 AM	**VOICES OF HEALING** Encourages processing personal stories and struggles, facilitating therapeutic breakthroughs.	**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.	**EMOTIONAL RECOVERY** Focuses on identifying, understanding, and processing emotions as a critical aspect of therapeutic healing in addiction	**SHARED JOURNEYS** A therapeutic process group facilitating healing through open dialogue and therapy.	**SYMBOLS OR RESILIANCE** Encourages individuals to express their personal journey and strength through symbolic representation of recovery.	
11:30 AM							**BRUNCH**
12:00 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
1:00 PM	MINDFULNESS	HOUSE MEETING	**ACTION AND HEALING** Involves hands-on experiences and activities to explore emotions and facilitate growth in recovery.	MINDFULNESS	**RECREATION IN MOTION** Engages in recreational activities that support emotional well-being and physical health in recovery.	**HANDS ON HEALING** A space for individuals to process their recovery journey through shared stories and therapeutic support.	**BRIDGING BONDS** Focuses on healing family relationships and fostering communication to support both the individual in recovery and their loved ones.
1:45 PM	**CULTIVATING JOY IN SOBRIETY** Focuses on finding and nurturing genuine happiness through recovery and therapy.	**MINDFUL RECOVERY** Focuses on using mindfulness techniques to maintain sobriety and prevent relapse, integrating therapy with recovery practice.		**THRIVING IN RECOVERY** Explores the day-to-day aspects of maintaining a healthy and balanced life in recovery.			
2:00 PM							
3:00 PM	**CREATIVE RECOVERY** Uses art, music, or writing to explore emotions and personal growth in therapy, aiding recovery from addiction.	**SMART RECOVERY** A group that focuses on using SMART (Self-Management and Recovery Training) methods to foster healthy decision-making and recovery.		**SOBER CHOICES** Provides an opportunity to practice decision-making in everyday situations, reinforcing healthy habits in recovery.			**REBUILDING BONDS** Focuses on healing and strengthening family relationships through therapy, supporting both the individual in recovery and their loved ones.
4:00 PM							
4:30 PM					FREE TIME		
5:00 PM	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
5:30 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.	MOVIE NIGHT	**CROSSING TO SOBRIETY** Provides tools and support for transitioning from treatment to independent living in recovery.
6:30 PM							
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**	**12-STEP OR RECOVERY SUPPORT MEETING**		**STEPS TO SOBRIETY** Focuses on studying and applying the 12 steps in a therapeutic setting to aid in long-term recovery from substance
8:00 PM							
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.
9:30 PM							
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