

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							
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 & 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.	WAKE UP & BREAKFAST
9:00 AM	RESILIANCE IN RECOVERY Focuses on building the skills and strategies to identify triggers, manage cravings, and develop relapse prevention plan, to maintain long-term sobriety.	CONNECTIONS IN RECOVERY Explores building and maintaining healthy relationships as a key part of therapeutic healing and sustained recovery.	EMOTIONAL RECOVERY Using emotional intelligence skills focuses on identifying, understanding, and processing emotions as a critical aspect of therapeutic healing.	MIND OVER MATTER A therapy group using Dialectical Behavioral Therapy (DBT) to develop healthier thought patterns and behaviors.	STEPS TO RECOVERY Guides Individuals in studying and applying the 12 Steps as a therapeutic framework for long-term recovery.	FRESH START, FRESH SPACE A group activity centered on cleaning and organizing living spaces as a metaphor for mental clarity and recovery.	PATHWAYS TO PURPOSE Focuses on setting and achieving recovery milestones through personal and therapeutic goals.
9:30 AM							COMMITMENTS TO GROWTH Focuses on personal responsibility, accountability, and healing through the lens of the "Four Agreements" in the context of recovery.
10:00 AM							
10:30 AM	VOICES OF HEALING Encourages therapeutic processing of personal stories and struggles, facilitating therapeutic breakthroughs.	SHARED JOURNEYS A therapeutic discussion group facilitating healing through open dialogue and skills application.	THRIVING IN RECOVERY An education and application group focused on planning for aftercare and life in recovery.	SHARED JOURNEYS A therapeutic discussion group facilitating healing through open dialogue and skills application.	REWIRING FOR RECOVERY A psychoeducational group exploring the neurological aspects of addiction and how therapy supports brain recovery.	SYMBOLS OR RESILIANCE Encourages individuals to express their personal journey and strength through symbolic representation of recovery.	BRUNCH
11:00 AM							
11:30 AM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
12:00 PM							
1:00 PM	Living in Recovery Group discussions focused on sharing living responsibilities. Fostering accountability, and	STEPS OF GROWTH Focuses on therapeutic assignments to deepen understanding and recovery.	ACTION AND HEALING Involves hands-on experiences and activities to explore emotions and facilitate growth in recovery.	STEPS OF GROWTH Focuses on therapeutic assignments to deepen understanding and recovery.	STEPS OF GROWTH Focuses on therapeutic assignments to deepen understanding and 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	STEPS OF GROWTH Focuses on presenting therapeutic assignments to peers to deepen understanding and recovery.	THRIVING IN RECOVERY Explores the transition from the treatment environment to thriving in recovery.		POSITIVITY AND PURPOSE Educational group based in Positive Psychology.	RECREATION IN MOTION Engages in recreational activities that support emotional well-being and physical health in recovery.		
2:00 PM	MIND OVER MATTER A therapy group using Dialectical Behavioral Therapy (DBT) to develop healthier thought patterns and behaviors.	MIND OVER MATTER A therapy group using Cognitive Behavioral Therapy (CBT) to develop healthier thought patterns and behaviors.	SOBER CHOICES Provides an opportunity to practice decision-making in everyday situations, reinforcing healthy habits in recovery.				SEEKING SAFETY Educational group on the interactions and treatment of trauma and substance use.
3:00 PM							
4:00 PM							
4:30 PM	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
5:00 PM							
5:30 PM	CELEBRATIONS OF MILESTONES A ceremony where individuals receive recognition for progress & achievements in recovery.	CELEBRATIONS OF MILESTONES A ceremony where individuals receive recognition for progress & achievements in recovery.	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 progress & achievements in recovery.	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	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.
7:00 PM							
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	QUIET TIME	QUIET TIME	QUIET TIME	QUIET TIME	QUIET TIME	QUIET TIME 11:00	QUIET TIME 11:00
10:30 PM							
11:00 PM	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT 11:30	LIGHTS OUT 11:30