

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:30am	Wake Up/ Meds/Breakfast	Wake Up/ Meds/Breakfast	Wake Up/ Meds/Breakfast	Wake Up /Meds/Breakfast	Wake Up/ Meds/Breakfast	Sleep	Sleep
7:30-8:00am	24/Mindfulness	24/Mindfulness	24/Mindfulness	24/Mindfulness	24/Mindfulness	Wake Up/ Meds/Breakfast	Wake Up/ Meds/Breakfast
8:00-8:15am	Break (Smoking)	Break (Smoking)	Break (Smoking)	Break (Smoking)	Break (Smoking)	(7:30-8:30am)	(7:30-8:30am)
8:15 - 9:45am	Divas Meeting	Divas Meeting	Life Skills (8:45am- 9:45am)	Divas Meeting	Spirituality * (8:45- 9:45am)	24/Mindfulness (8:30- 9:00am)	24/Mindfulness (8:30- 9:00am)
9:45-10:00am	Break (Smoking)	Break (Smoking)	Break (Smoking)	Break (Smoking)	Break (Smoking)	Chore Time (9:00-9:30) Smoke Break (9:30-9:45am)	Church / Spiritual Hour (9:05-11:00am)
10:00-11:30am	Caseload (10-11am)/ Horticulture (Amy) *	Life Story/Graduation/ Treatment Work	Caseload (10-11am)/ Horticulture (Arianna)*	Caseload (10-11am)/ Life Story/ Graduation*	Caseload (10-11am)/ Horticulture (Steph)*	Women's Meeting (9:45-11:15am)	Break (Smoking) 11:00- 11:15am
11:30-12:00pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch (11:15- 11:45am)	Meds (11:45- 12:00pm)
12:00-12:30	Meds and Break - until 12:15pm	Meds (12:00-12:15pm) Break (12:15-12:30pm)	Meds (12:00-12:15pm) Break (12:15-12:30pm)	Meds (12:00-12:15pm) Break (12:15-12:30pm)	Meds (12:00-12:15pm) Break (12:15-12:30pm)	Meds (11:45-12:00pm) Break (12:00-12:15pm)	Lunch
12:30-1:30pm	Community (12:15- 1:15pm)*	Psychodrama A / Art B (12:30-2:30pm)*	In The Rooms	Psychodrama B / Art A (12:30-2:30pm)*	Creative Reinforcement	Family Group (12:30- 2:00pm)*	Break (Smoking) 12:30-12:45pm
1:30-1:45	Break (Smoking) - 1:15-1:30pm	Psychodrama A / Art B	Break (Smoking)	Psychodrama B / Art A	Break (Smoking)		Recreation/Beach (1:00pm-3:00pm)
1:45-2:45pm	Toolbox 1 (1:30pm- 2:30pm)*	Break (Smoking) 2:30- 2:45pm	Parenting / Reinventing My Story*	Break (Smoking) 2:30- 2:45pm	Parenting/ Relationships and Sexuality*	Family Visitation (2:00-4:00pm)	
2:45 - 3:00pm	Break (Snack)	Break (Snack)	Break (Snack)	Break (Snack)	Break (Snack)	Smoke Break (2:00- 2:15pm)	
3:00 - 4:00pm	Equine (3:00pm-4:30pm)* / Treatment work (3:00-4:00pm)	Exercise	Toolbox 2 *	Body Image*	Toolbox 3*		Free Time
4:00 - 4:15pm	Break (Smoking)	Break (Smoking)	Break (Smoking)	Break (Smoking)	Break (Smoking)	Break (Smoking) 4pm / Free Time (4:15-5:00pm)	Break (Smoking)
4:15 - 5:15pm	Yoga (Alex)	Nutrition Group 4:15- 5:00pm	Yoga (Alex)	Yoga (Rachel)	Exercise	Yoga (Rachel)	Serenity Hour AA
5:15 - 5:45pm	Dinner	Dinner	Dinner	Dinner	Dinner	5:00pm-6:30pm	(4:15-5:45pm)
5:45-6:00pm	Break (Smoking)	Break (Smoking)	Break (Smoking)	Break (Smoking)	Break (Smoking)	Break (Smoking) 6:30- 6:45pm	Break (Smoking)
6:00-7:30pm	Chore Time (6:00- 6:45pm)	Chore Time (6:00- 6:45pm)	Phase I - Color/Journal Phase II - Knitting*	Chore Time (6:00- 6:45pm)	In House AA Meeting (6:30pm-7:30pm)	Dinner (6:45-7:15pm)	Dinner (6:00- 6:30pm)
7:45-8:00pm	Free Time (6:45-8:00pm) Smoke break (7:45-8:00pm)	Sisters and Steps NA Meeting (6:45-8:15pm)	Break (Smoking) 7:30- 7:45pm	Step It Up NA (6:45- 8:00pm)	Chore Time (7:30- 8:15pm)	Free Time	Chore Time (6:30- 7:00pm)
8:00 - 9:00pm	In House NA Meeting	Smoke Break (8:15-8:30pm) Free Time	In House Women's Meeting	*Anniversary Night 6pm (Every Third Thursday)	Smoke Break (8:15pm- 8:30pm) Free Time	Free Time	Free Time
9:00-11:00pm	Free Time / Meds at 9:30pm	Free Time / Meds at 9:30pm	Chore Time (9:00-9:30pm)/Meds (9:30pm)/Free Time	Phase II Plans (8-9pm)/ Free Time/Meds 9:30pm	Free Time / Meds at 9:30pm	Free Time / Meds at 9:30pm	Free Time / Meds at 9:30pm
11:00pm	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out (11:30pm)	Lights Out (11:30pm)	Lights Out