

SELF AWARENESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
7:45 - 8:30	Wake Up/ Breakfast	Wake Up/ Breakfast	Wake Up/ Breakfast	Wake Up/ Breakfast	Wake Up/ Breakfast					
9:00 - 9:45	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	8:30 - 9:15 Wake Up/ Breakfast	8:30 - 9:15 Wake Up/ Continental Breakfast			
10:00 - 11:30	Gym	In-House Step Meeting	9:45- 10:30 Creative Spirituality	9:30 - 10:00 Smoking Cessation	10:00 - 11:00 DBT Skills	9:30 - 12:00 Patient Workshop	10:00 Meditation			
		11:00 LGTQ	Gym or Flower Arranging	10:30 - 11:30 Gym/Horticu re Therapy	10:45 Pet Therapy		10:15 - 11:15 In-House Step Meeting	Gym	11:00 Topic Group	
11:45 - 12:30	Lunch	Lunch	Lunch	Lunch	Lunch	12:00 Check-In @ House	12:00 Check-In @ House			
12:30	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	12:00 - 12:45 Lunch	12:15 - 1:00 Brunch			
1:00 - 1:45	Mindfulness Wise Mind/ What & How Skills	Men's Spirituality of One's Own	Yoga or Meditation	Health & Medication Education	Dealing with Shame & Guilt	12:00 - 3:30 Visiting	1:00 - 3:30 Gym	12:00 - 3:30 Visiting	1:30 Inter-Faith Service for Recovery (Chapel)	
2:00 - 2:45	Men's Group Anger Management	Men's Group Mindfulness Middle Path	Men's Group Cognitive Therapy	Men's Group Self-Esteem	Men's Group Identifying Priorities		2:00 Check-In @ House			1:00 - 3:00 Gym
3:00 - 3:45	Primary Group	Primary Group	Primary Group	Primary Group	Primary Group					
3:45	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House		
4:00 - 6:30	Gym	Gym	4:30 Open Chapel	Gym	Gym	Gym	3:30 - 4:30 Yoga	3:30 - 4:30 As Bill Sees It	3:30 - 4:430 Promises	3:30 - 4:30 Tai Chi
4:45 - 6:45	Visiting	Visiting	Visiting	Visiting	Visiting	Visiting	4:45 Speaker (VOL)	4:45 Speaker (VOL)		
5:45 - 6:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
6:45	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House		
7:00 - 8:00	DBT Skills	Refuge Recovery	Speaker (VOL)	Alumni Night	Speaker (VOL)	7:30 - 8:30 AA Meeting	7:30 - 8:30 AA Meeting			
8:30 - 9:30	NA Meeting	AA Meeting	AA Meeting	AA Meeting	AA Meeting					
9:45 - 10:15	Goals/Wrap Up	Goals/Wrap Up	Goals/Wrap Up	8:45 - 9:15 Goals/Wrap Up	Goals/Wrap Up	8:45 - 9:15 Goals/Wrap Up	8:45 - 9:15 Goals/Wrap Up			
10:30	House Chores	House Chores	House Chores	House Chores	House Chores	House Chores	House Chores			
11:00	In Room	In Room	In Room	In Room	In Room	In Room	In Room			
11:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out			

REGULATING EMOTIONS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
7:45 - 8:30	Wake Up/ Breakfast	Wake Up/ Breakfast	Wake Up/ Breakfast	Wake Up/ Breakfast	Wake Up/ Breakfast				
9:00 - 9:45	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	8:30 - 9:15 Wake Up/ Breakfast	8:30 - 9:15 Wake Up/ Continental Breakfast		
10:00 - 11:30	Gym	In-House Step Meeting	9:45- 10:30 Creative Spirituality	9:30 - 10:00 Smoking Cessation	10:00 - 11:00 DBT Skills	9:30 - 12:00 Patient Workshop	10:00 Meditation		
		11:00 LGTQ	Gym or Flower Arranging	10:30 - 11:30 Gym/Horticultu re Therapy	10:45 Pet Therapy		10:15 - 11:15 In-House Step Meeting	Gym	11:00 Topic Group
11:45 - 12:30	Lunch	Lunch	Lunch	Lunch	Lunch	12:00 Check-In @ House	12:00 Check-In @ House		
12:30	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	12:00 - 12:45 Lunch	12:15 - 1:00 Brunch		
1:00 - 1:45	The Function of Emotion Overview	Men's Spirituality: Meaning Making	Yoga or Meditation	Health & Medication Education	Family's Perspective on Addiction	12:00 - 3:30 Visiting	1:00 - 3:30 Gym	12:00 - 3:30 Visiting	1:30 Inter-Faith Service for Recovery (Chapel)
2:00 - 2:45	Men's Group Urges & Cravings	Men's Group Understanding Emotions	Men's Group Increasing Positive Emotions/Decreasing	Disease Model of Addiction (Unwoven)	Men's Group CBT Event Log		2:00 Check-In @ House		
3:00 - 3:45	Primary Group	Primary Group	Primary Group	Primary Group	Primary Group				
3:45	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	
4:00 - 6:30	Gym	Gym	4:30 Open Chapel	Gym	Gym	3:30 - 4:30 Yoga	3:45 - 4:45 As Bill Sees It	3:30 Horticulture Therapy	
4:45 - 6:45	Visiting	Visiting	Visiting	Visiting	Visiting			4:45 Speaker (VOL)	4:45 Speaker (VOL)
5:45 - 6:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
6:45	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	
7:00 - 8:00	DBT Skills	Refuge Recovery	Speaker (VOL)	Alumni Night	Speaker (VOL)	7:30 - 8:30 AA Meeting	7:30 - 8:30 AA Meeting		
8:30 - 9:30	NA Meeting	AA Meeting	AA Meeting	AA Meeting	AA Meeting				
9:45 - 10:15	Goals/Wrap Up	Goals/Wrap Up	Goals/Wrap Up	8:45 - 9:15 Goals/Wrap Up	Goals/Wrap Up	8:45 - 9:15 Goals/Wrap Up	8:45 - 9:15 Goals/Wrap Up		
10:30	House Chores	House Chores	House Chores	House Chores	House Chores	House Chores	House Chores		
11:00	In Room	In Room	In Room	In Room	In Room	In Room	In Room		
11:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out		

INTERPERSONAL SKILLS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
7:45 - 8:30	Wake Up/ Breakfast	Wake Up/ Breakfast	Wake Up/ Breakfast	Wake Up/ Breakfast	Wake Up/ Breakfast				
9:00 - 9:45	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	8:30 - 9:15 Wake Up/ Breakfast	8:30 - 9:15 Wake Up/ Continental Breakfast		
10:00 - 11:30	Gym	9:30 Nutrition	10:00 In-House Step Meeting	9:45- 10:30 Creative Spirituality	9:30 - 10:00 Smoking Cessation	10:00 - 11:00 DBT Skills	10:00 Meditation		
		11:00 LGTQ	Gym or Flower Arranging	10:30 - 11:30 Gym/Horticult ure Therapy	10:45 Pet Therapy	10:15 - 11:15 In-House Step Meeting	Gym	9:30 - 12:00 Patient Workshop	11:00 Topic Group
11:45 - 12:30	Lunch	Lunch	Lunch	Lunch	Lunch	12:00 Check-In @ House	12:00 Check-In @ House		
12:30	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	12:00 - 12:45 Lunch	12:15 - 1:00 Brunch		
1:00 - 1:45	Interpersonal Effectiveness Overview	Men's Spirituality: Loss & Gain	Yoga or Meditation	Health & Medication Education	Stages of Change	12:00 - 3:30 Visiting	1:00 - 3:30 Gym	12:00 - 3:30 Visiting	1:30 Inter-Faith Service for Recovery (Chapel)
2:00 - 2:45	Men's Group Relationships in Recovery	Men's Group Creating a Life Worth Living	Men's Group Strategies for Interpersonal Effectiveness	Men's Group Triggers	Men's Increasing Motivation to Change		2:00 Check-In @ House	1:00 - 3:00 Gym	2:00 Check-In @ House
3:00 - 3:45	Primary Group	Primary Group	Primary Group	Primary Group	Primary Group				
3:45	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	
4:00 - 6:30	Gym	Gym	4:30 Open Chapel	Gym	Gym	3:30 - 4:30 Yoga	3:30 - 4:30 As Bill Sees It	3:30 - 4:430 Promises	3:30 - 4:30 Tai Chi
4:45 - 6:45	Visiting	Visiting	Visiting	Visiting	Visiting		4:45 Speaker (VOL)	4:45 Speaker (VOL)	
5:45 - 6:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		
6:45	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House		
7:00 - 8:00	DBT Skills	Refuge Recovery	Speaker (VOL)	Alumni Night	Speaker (VOL)	7:30 - 8:30 AA Meeting	7:30 - 8:30 AA Meeting		
8:30 - 9:30	NA Meeting	AA Meeting	AA Meeting	AA Meeting	AA Meeting				
9:45 - 10:15	Goals/Wrap Up	Goals/Wrap Up	Goals/Wrap Up	8:45 - 9:15 Goals/Wrap Up	Goals/Wrap Up	8:45 - 9:15 Goals/Wrap Up	8:45 - 9:15 Goals/Wrap Up		
10:30	House Chores	House Chores	House Chores	House Chores	House Chores	House Chores	House Chores		
11:00	In Room	In Room	In Room	In Room	In Room	In Room	In Room		
11:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out		

PROBLEM SOLVING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
7:45 - 8:30	Wake Up/ Breakfast	Wake Up/ Breakfast	Wake Up/ Breakfast	Wake Up/ Breakfast	Wake Up/ Breakfast						
9:00 - 9:45	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	Community Meeting/ Goal Planning	8:30 - 9:15 Wake Up/ Breakfast	8:30 - 9:15 Wake Up/ Continental Breakfast				
10:00 - 11:30	Gym	9:30 Nutrition	10:00 In-House Step Meeting	9:45- 10:30 Creative Spirituality	9:30 - 10:00 Smoking Cessation	10:00 - 11:00 DBT Skills	10:00 Meditation				
		11:00 LGTQ	Gym or Flower Arranging	10:30 - 11:30 Gym/Horticul ture Therapy	10:45 Pet Therapy	10:15 - 11:15 In-House Step Meeting	Gym	9:30 - 12:00 Patient Workshop	11:00 Topic Group		
11:45 - 12:30	Lunch	Lunch	Lunch	Lunch	Lunch	12:00 Check-In @ House	12:00 Check-In @ House				
12:30	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	12:00 - 12:45 Lunch	12:15 - 1:00 Brunch				
1:00 - 1:45	Crisis Survival Skills	Men's Spiritual & Emotional Life	Yoga or Meditation	Health & Medication Education	Cognitive Distortions	12:00 - 3:30 Visiting	1:00 - 3:30 Gym	12:00 - 3:30 Visiting	1:30 Inter-Faith Service for Recovery (Chapel)		
2:00 - 2:45	Men's Group Relapse Prevention	Men's Group Behavioral Chain Analysis	Men's Group Radical Acceptance	Men's Group Building Motivation for Sobriety	Men's Group Common Recovery Dilemmas		2:00 Check-In @ House			1:00 - 3:00 Gym	2:00 Check-In @ House
3:00 - 3:45	Primary Group	Primary Group	Primary Group	Primary Group	Primary Group						
3:45	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House			
4:00 - 6:30	Gym	Gym	4:30 Open Chapel	Gym	Gym	3:30 - 4:30 Yoga	3:45 - 4:45 As Bill Sees It	3:30 Horticulture Therapy			
4:45 - 6:45	Visiting	Visiting	Visiting	Visiting	Visiting		4:45 Speaker (VOL)	4:45 Speaker (VOL)			
5:45 - 6:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner				
6:45	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House	Check-In @ House				
7:00 - 8:00	DBT Skills	Refuge Recovery	Speaker (VOL)	Alumni Night	Speaker (VOL)	7:30 - 8:30 AA Meeting	7:30 - 8:30 AA Meeting				
8:30 - 9:30	NA Meeting	AA Meeting	AA Meeting	AA Meeting	AA Meeting						
9:45 - 10:15	Goals/Wrap Up	Goals/Wrap Up	Goals/Wrap Up	8:45 - 9:15 Goals/Wrap Up	Goals/Wrap Up	8:45 - 9:15 Goals/Wrap Up	8:45 - 9:15 Goals/Wrap Up				
10:30	House Chores	House Chores	House Chores	House Chores	House Chores	House Chores	House Chores				
11:00	In Room	In Room	In Room	In Room	In Room	In Room	In Room				
11:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out				