



Residential Programming Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 a.m.	Wakeup	Wakeup	Wakeup	Wakeup	Wakeup	Wakeup	Wakeup
8:00 a.m.- 8:30 a.m.	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:30 a.m.- 10:30 a.m.	Community Meeting with Clinical Team	Community Meeting	Community Meeting	Community Meeting	Community Meeting with Clinical Team	Recreation/ Gym	Recreation/ Gym
10:30 a.m.- 11:30 a.m.	Process Group	Process Group	Process Group	Process Group	Process Group	Recreation	Recreation
11:30 am- 12:30 p.m.						Community Meeting	Community Meeting
12:30 p.m.- 1:00 p.m.	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 p.m.- 1:30 p.m.	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time
1:30 p.m.- 2:30 p.m.	Psychoeducation Group	Psychoeducation Group	Gender Group/ Gambling (1x/m)	Psychoeducation Group	Psychoeducation Group	Recovery Coach Group	Recovery Coach Group
2:30 p.m.- 3:30 p.m.	Alumni Group	Psychoeducation Group	Nutrition/ Nursing Group	Psychoeducation Group	Nursing Group	Recreation	Recreation
3:30 p.m.- 5:15 p.m.	Yoga/Rec/Gym	Recreation/Gym	Yoga/Rec/Gym	Recreation/Gym	Recreation/Gym	Recreation/Gym	Recreation/Gym
5:15 p.m.- 5:45 p.m.	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00 p.m.- 7:00 p.m.	Recovery Coach Group	Recovery Coach Group	Recovery Coach Group	Recovery Coach Group	Recovery Coach Group	Recovery Coach Group	Recovery Coach Group
7:00 p.m.- 8:00 p.m.	H&I	H&I or Refuge Recovery	H&I or Refuge Recovery	H&I	H&I	H&I	H&I
8:30 p.m.	Snack	Snack	Snack	Snack	Snack	Snack	Snack
9:00 p.m.- 10:30 p.m.	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time
10:30 p.m.	Bedtime	Bedtime	Bedtime	Bedtime			Bedtime
11:00 p.m.	Lights Out	Lights Out	Lights Out	Lights Out	Bedtime	Bedtime	Lights Out