

WEEKLY SCHEDULE

Time Day	MON	TUE	WED	THU	FRI	SAT	SUN
7:00am - 7.45am	Yoga / Fitness					Fitness	Freetime
7:00am - 8:30am	Breakfast						
9:00am - 10.30am	Community Group	Group Therapy	Gender	Group Therapy	Group Therapy	Relapse Prevention / Cont. Care	Excursion
11:00am - 12.30pm	Group Therapy	Mindfulness				MCBT	
12.30pm - 1.30pm	Lunch						
2:00pm - 3:00pm	Body / Self Trauma Art Therapy	Trauma Intimacy Family	Community Sporting Activities Holistic	Trauma Intimacy Family	Body / Self Trauma Coda	Personal Care and Grooming Telephone Holistic	
3:00pm - 4:00pm	1 - 2 - 1 Therapeutic Appointments			1 - 2 - 1 Therapeutic Appointments		SLAA Offsite	
4:00pm - 5:00pm							
6:00pm - 7:00pm	Mindfulness Monk	AA/NA	Mindfulness Monk	AA/NA	Weekly BBQ / Event Party	Dinner	Freetime
7:15pm - 8:30pm	Dinner					Movie	Dinner
8:30pm - 10:00pm	Freetime / Homework						Freetime
10.00pm	Curfew						