



Focused Recovery. Compassionate Care.

	Monday
6:30am	Wake Up
7:30am	Breakfast
	Personal Items Distributed / Razor sign out
7:30-8:20am	Morning Phone Time
8:30am	Men's Community Meeting (Community Room)
	Women's Community Meeting (Women's Community Room)
9:30am	First Week Patients - Welcome Group (Back Dining Room) - Staff and Group Leaders
	Men's Gratitude Group (Community Room) - Cary B.
	Women's Group (Women's Community Room) - Kelsey H.
10:30am	Small Group with Counselors / Room Inspection / **Phone Sign up AFTER group**
11:30am	Change Distributed (Dining Room) - Staff
11:30am	Lunch
1:15pm	Women's Codependency (Women's Community Lounge) - Monica K.
	Acceptance (Community Room) - Chris P.
	Fun in Recovery (Basement Group Room) - Sam W.
	New Patient Orientation (1 st Floor TV Lounge) - Staff
2:20-3:30pm	Afternoon Phone Times
3:45-4:30pm	Women's Step 1 Meeting (Basement Group Room) - Staff
	Men's Step 1 Meeting (Community Room) - Staff
4:30pm	Personal Item Sign Up (No Razors)
4:30pm	Dinner



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6:00-6:30p m	Community Meeting (Amanda, Britney, Cristi, Dave and Matt's Groups - Community Room)
	Community Meeting (Jen, Monica, Kelsey, and Melissa's Groups - Basement Group Room)
	Personal Items Distributed (after community meeting)
7:00-8:00p m	Men's Zoom Meeting (Community Room) - Staff monitored
	Women's Zoom Meeting (Detox Lounge) - Staff monitored
	Big "Small" Group (Basement Group Room) - Ewa S.
8:10-9:10p m	Evening Phone Time
9:00-9:30p m	Snack Time
11:00pm	Bed Time
	Tuesday
6:30am	Wake Up
7:30am	Breakfast
	Personal Items Distributed / Razor sign out
7:30-8:20a m	Morning Phone Time
8:30am	Men's Community Meeting (Community Room)
	Women's Community Meeting (Women's Community Room)
9:00-9:15a m	15 Minute Daily Mindful Meditation (Basement Group Room) - Staff monitored
9:30am	First Week Patients - Intro to the 12 Steps (Basement Group Room) - Linda S.



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	Aftercare Discussion (Community Room) - Al H. / Erica S.
	Outpatient Presentation Trevoze/Berwyn (Backing Dining Room) - Lou E.
	Seeking Safety **Women Only** (Women's Community Room) - Britney F. *Limit 12 - There is a sign up sheet on the Women's Comm Room Door*
10:30am	Small Group with Counselors / Room Inspection / **Phone Sign up AFTER group**
11:30am	Lunch
1:15pm	Co-Occurring Group (Detox Lounge) - Dave D.
	Relapse Prevention Group (Community Room) - Matt A.
	Out of the Darkness (Basement Group Room) - Cristi B.
	New Patient Orientation (1 st Floor TV Lounge) - Staff
2:20-3:30pm	Afternoon Phone Time
3:45pm	Women's Step 2 Meeting (Basement Group Room) - Staff
	Men's Step 2 Meeting (Community Room) - Staff
4:30pm	Personal Item Sign Up (No Razors)
4:30pm	Dinner
6:00-6:30pm	Community Meeting (Amanda, Britney, Cristi, Dave and Matt's Groups - Community Room)
	Community Meeting (Jen, Monica, Kelsey, and Melissa's Groups - Basement Group Room)
	Personal Items Distributed (after community meeting)
7:00pm	Men's Big Book Study (Community Room) - Staff
	Women's Big Book Study (Detox Lounge) - Staff
8:00pm	Optional Discussion Group (Back Dining Room) - Patient Run
8:10-9:10pm	Evening Phone Time
9:00-9:30pm	Snack Time
11:00pm	Bed Time



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	Wednesday
6:30am	Wake Up
7:30am	Breakfast
	Personal Items Distributed / Razor sign out
7:30-8:20am	Morning Phone Time
8:30am	Men's Community Meeting (Community Room)
	Women's Community Meeting (Women's Community Room)
9:30am	Recovery Lecture (Community Room) - Mel P.
	Just for Today (Basement Group Room) - Chris P/
10:30am	Small Group with Counselors / Room Inspection / **Phone Sign up AFTER group**
11:30am	Change Distributed (Dining Room) - Staff
11:30am	Lunch
1:15pm	Grief and Loss (Jen's Office - 2 nd Floor) - Jen P. - Limit 10
	Guilt and Shame (Community Room) - Cary B.
	Interpersonal Skills **Women Only** (Women's Lounge) - Amanda L.
	New Patient Orientation (1 st Floor TV Lounge) - Staff
2:20-3:30pm	Afternoon Phone Time
3:45pm	CBT (Community Room) - Ewa S.
	Recovery Lecture (Basement Group Room) - Joe C.
4:30pm	Personal Item Sign Up (No Razors)
4:30pm	Dinner



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6:00-6:30p m	Community Meeting (Amanda, Britney, Cristi, Dave and Matt's Groups - Community Room)
	Community Meeting (Jen, Monica, Kelsey, and Melissa's Groups - Basement Group Room)
	Personal Items Distributed (after community meeting)
7:00pm	Men's Speaker Meeting (Community Room) - Staff
	Women's Speaker Meeting (Detox Lounge) - Staff
	Big "Small" Group (Basement Group Room) - Ewa S.
8:10-9:10p m	Evening Phone Time
9:00-9:30p m	Snack Time
11:00pm	Bed Time
	Thursday
6:30am	Wake Up
7:30am	Breakfast
	Personal Items Distributed / Razor sign out
7:30-8:20a m	Morning Phone Time
8:30am	Men's Community Meeting (Community Room)
	Women's Community Meeting (Women's Community Room)
9:30am	First Week Patients - How Did I Get Here? (Detox Lounge) - Mel P.
	Steps One, Two and Three (Community Room) - Linda S.



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	Hot Seat (Basement Group Room) - Cary B.
	Seeking Safety **Women Only** (Women's Community Room) - Britney F. *Limit 12 - There is a sign up sheet on the Women's Comm Room Door*
10:30am	Small Group with Counselors / Room Inspection / **Phone Sign up AFTER group**
11:30am	Lunch
1:15pm	Men's Group - Resentment (Community Room) - Chris P.
	Women's Group (Detox Lounge) - Ang L.
	New Patient Orientation (1 st Floor TV Lounge) - Staff
2:15pm	Exchange Linens
2:20-3:30pm	Afternoon Phone Time
3:45pm	Women's Step 3 Meeting (Basement Group Room) - Staff
	Men's Step 3 Meeting (Community Room) - Staff
4:30pm	Personal Item Sign Up (No Razors)
4:30pm	Dinner
6:00-6:30pm	Community Meeting (Amanda, Britney, Cristi, Dave and Matt's Groups - Community Room)
	Community Meeting (Jen, Monica, Kelsey, and Melissa's Groups - Basement Group Room)
	Personal Items Distributed (after community meeting)
6:40-7:30pm	Evening Phone Time
7:45pm	Alumni Zoom Meeting (Amanda, Britney, Cristi, Dave and Matt's Groups - Community Room)
	Alumni Zoom Meeting (Jen, Monica, Kelsey, and Melissa's Groups - Basement Group Room)
8:50-9:20pm	Evening Phone Time
9:15pm	Optional Discussion Group (Back Dining Room) - Patient Run
	Big Book Study (Basement Group Room) **optional** - Staff



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9:15-9:45p m	Snack Time
11:00pm	Bed Time
	Friday
6:30am	Wake Up
7:30am	Breakfast
	Personal Items Distributed / Razor sign out
7:30-8:20a m	Morning Phone Time
8:30am	Men's Community Meeting (Community Room)
	Women's Community Meeting (Women's Community Room)
	Please remind patients Friday is last day to get money and cigarettes from counselors
9:30am	First Week Patients - Addiction 101 (Back Dining Room) - Sam W.
	Group Leaders Meeting (1 st Floor TV Room) - Ang L.
	Meditation and Movement - (Basement Group Room) - Melissa H.
	Trivia (Community Room) - Chris P.
10:30am	Small Group with Counselors / Room Inspection / **Phone Sign up AFTER group**
11:30am	Change Distributed (Dining Room) - Staff
11:30am	Lunch
1:15pm	Wrap Up - (Community Room) - Cary B.
	Recovery Discussion (Detox Lounge) - Linda S.
	New Patient Orientation (1 st Floor TV Lounge) - Staff
2:20-3:30p m	Afternoon Phone Time
3:45pm	Women's Step 4 Meeting (Basement Group Room) - Staff



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	Men's Step 4 Meeting (Community Room) - Staff
4:30pm	Personal Item Sign Up (No Razors)
4:30pm	Dinner
6:00-6:30pm	Community Meeting (Amanda, Britney, Cristi, Dave and Matt's Groups - Community Room)
	Community Meeting (Jen, Monica, Kelsey, and Melissa's Groups - Basement Group Room)
	Personal Items Distributed (after community meeting)
6:30pm	AMA Peer Team Meeting (By the double doors) - Steve N.
7:00pm	Men's Zoom Meeting (Community Room) - Staff
	Women's Zoom Meeting (Detox Lounge) - Staff
	Big "Small" Group (Basement Group Room) - Ewa S.
8:10-9:10pm	Evening Phone Time
9:00-9:30pm	Snack Time
9:30-10:30pm	Karaoke or Movie Night (Community Room) - Staff discretion
11:30pm	Bed Time
	Saturday
6:30am	Wake Up
7:30am	Breakfast
	Personal Items Distributed / Razor sign out
7:30-8:20am	Morning Phone Time



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8:30am	Men's Community Meeting (Community Room)
	Women's Community Meeting (Women's Community Room)
9:15am-10:00am	Women's Way Through the 12 Steps (Community Room) - Clinical Aide
	Men's Discussion Group - Serenity Prayer Workshop (Community Room) - Clinical Aide
10:30-11:15am	Tools to Maintain Sobriety (Community Room) - Staff
	Tools to Maintain Sobriety (Basement Group Room) - Staff
11:30am	Lunch
1:30-2:30pm	Peer Support Group (Community Room)- Counselor
3:30pm	Denial in Addiction (Community Room) - Staff
	Denial in Addiction (Basement Group Room) - Staff
4:30-6:00pm	Afternoon Phone Time
4:30pm	Personal Item Sign Up (No Razors)
4:30pm	Dinner
5:30pm	Big Book Study (Basement Group Room)
7:15-7:45	Community Meeting (Amanda, Britney, Cristi, Dave and Matt's Groups - Community Room)
	Community Meeting (Jen, Monica, Kelsey, and Melissa's Groups - Basement Group Room)
	Personal Items Distributed
8:00pm	12 Step Meeting (Community Room) - Staff monitored
	12 Step Meeting (Basement Group Room) - Staff monitored
9:00-9:30pm	Snack Time
9:00-9:30pm	Evening Phone Time II
9:15pm	AMA Peer Team Meeting (By the double doors) - Staff



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9:30pm	Movie Night/Games
11:30pm	Bed Time
	Sunday
6:30am	Wake Up
7:30am	Breakfast
	Personal Items Distributed / Razor sign out
7:30-8:20am	Morning Phone Time
8:30am	Men's Community Meeting (Community Room)
	Women's Community Meeting (Women's Community Room)
9:15-10:00am	Women's Way Through the 12 Steps (Women's Community Room) - Clinical Aide
	Men's Discussion Group - How to Control Cravings (Community Room) - Clinical Aide
10:30-11:15am	Spirituality (Community Room) - Staff
	Spirituality (Basement Group Room) - Staff
11:30am	Lunch
1:30-2:30pm	Peer Support Group (Community Room)- Counselor
3:30pm	Addiction and The Brain (Community Room) - Staff
	Addiction and The Brain (Basement Group Room) - Staff



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4:30-6:00p m	Afternoon Phone Time
4:30pm	Personal Item Sign Up (No Razors)
4:30pm	Dinner
5:30pm	Big Book Study (Basement Group Room)
7:15-7:45	Community Meeting (Amanda, Britney, Cristi, Dave and Matt's Groups - Community Room)
	Community Meeting (Jen, Monica, Kelsey, and Melissa's Groups - Basement Group Room)
	Personal Items Distributed
8:00pm	12 Step Meeting (Community Room) - Staff monitored
	12 Step Meeting (Basement Group Room) - Staff monitored
9:00-9:30p m	Snack Time
9:00-9:30p m	Evening Phone Time II
9:15pm	AMA Peer Team Meeting (By the double doors) - Staff
9:30pm	Activity - Staff discretion
11:00pm	Bed Time