

Willow Grove Daily Schedule	MONDAY <i>Building Relationships</i>	TUESDAY <i>Problem Solving & Communication</i>	WEDNESDAY <i>Personal Acceptance</i>	THURSDAY <i>Distress Tolerance</i>	FRIDAY <i>Emotion Regulation</i>	SATURDAY <i>Mindfulness Skills</i>	SUNDAY <i>Developing Self-Care</i>
6:30am	Good Morning Wake up	Good Morning Wake up	Good Morning Wake up	Good Morning Wake up	Good Morning Wake up	Good Morning Wake up	Good Morning Wake up
7:30am	BREAKFAST Men 7:30-8:10am Women 8:10-8:40am Medications (7:45-8:25am)	BREAKFAST Men 7:30-8:10am Women 8:10-8:40am Medications (7:45-8:25am)	BREAKFAST Men 7:30-8:10am Women 8:10-8:40am Medications (7:45-8:25am)	BREAKFAST Men 7:30-8:10am Women 8:10-8:40am Medications (7:45-8:25am)	BREAKFAST Men 7:30-8:10am Women 8:10-8:40am Medications (7:45-8:25am)	BREAKFAST Men 7:30-8:10am Women 8:10-8:40am Medications (7:45-8:25am)	BREAKFAST Men 7:30-8:10am Women 8:10-8:40am Medications (7:45-8:25am)
7:30-8:55am	Personal items distributed/Am phone time	Personal items distributed/Am phone time	Personal items distributed/Am phone time	Personal items distributed/Am phone time	Personal items distributed/Am phone time	Personal items distributed/Am phone time	Personal items distributed/Am phone time
*9:00-9:30am	Women's Community Reflection & AM stretch-CA Men's' Community Reflection & AM stretch-CA	Women's Community Reflection & AM stretch-CA Men's' Community Reflection & AM stretch-CA	Women's Community Reflection & AM stretch-CA Men's' Community Reflection & AM stretch-CA	Women's Community Reflection & AM stretch-CA Men's' Community Reflection & AM stretch-CA	Women's Community Reflection & AM stretch-CA Men's' Community Reflection & AM stretch-CA	Women's Community Reflection & AM stretch-CA Men's' Community Reflection & AM stretch-CA	Women's Community Reflection & AM stretch-CA Men's' Community Reflection & AM stretch-CA
*9:30-10:15am	Women's Psychoeducation Learning Today's Skill-CA Men's Psychoeducation Learning Today's Skill-CA	Women's Psychoeducation Learning Today's Skill-CA Men's Psychoeducation Learning Today's Skill-CA	Women's Psychoeducation Learning Today's Skill-CA Men's Psychoeducation Learning Today's Skill-CA	Women's Psychoeducation Learning Today's Skill-CA Men's Psychoeducation Learning Today's Skill-CA	Women's Psychoeducation Learning Today's Skill-CA Men's Psychoeducation Learning Today's Skill-CA	Women's Psychoeducation Learning Today's Skill-CA Men's Psychoeducation Learning Today's Skill-CA	Women's Psychoeducation Learning Today's Skill-CA Men's Psychoeducation Learning Today's Skill-CA
10:15-10:30am	Outdoor break	Outdoor break	Outdoor break	Outdoor break	Outdoor break	Outdoor break	Outdoor break
*10:30-11:15am	New member orientation-ES Healthy Relationships-MC Recovery Lecture-CA or Health & Nutrition-CL	After Care Discussion-AI SMART Recovery Group-CL Seeking Safety(Women)-MC	New member orientation-ES Grief and Loss-MC Co-Dependency Group-CL or Sponsorship-CA	Seeking Safety (Women)-MC Healthy Living-RN/Dietician Intro to the Steps-CA	New member orientation-ES Co-occurring disorders-CL Movement & Music-MC	New member orientation-CS Recovery Lecture -CA Music Therapy-VH	New member orientation-CS Recovery Lecture-CA Music Therapy-VH
11:15am	Phone & Laundry sign up AFTER group	Phone & Laundry sign up AFTER group	Phone & Laundry sign up AFTER group	Phone & Laundry sign up AFTER group	Phone & Laundry sign up AFTER group	Phone & Laundry sign up AFTER group	Phone & Laundry sign up AFTER group
11:30am	LUNCH Women 11:30-12:00pm Men 12:00-12:50pm Medications (11:30-12:55p)	LUNCH Women 11:30-12:00pm Men 12:00-12:50pm Medications (11:30-12:55p)	LUNCH Women 11:30-12:00pm Men 12:00-12:50pm Medications (11:30-12:55p)	LUNCH Women 11:30-12:00pm Men 12:00-12:50pm Medications (11:30-12:55p)	LUNCH Women 11:30-12:00pm Men 12:00-12:50pm Medications (11:30-12:55p)	LUNCH Women 11:30-12:00pm Men 12:00-12:50pm Medications (11:30-12:55p)	LUNCH Women 11:30-12:00pm Men 12:00-12:50pm Medications (11:30-12:55p)
12:00-12:55pm	Outdoor time/Self-Reflect ¹	Outdoor time/Self-Reflect ¹	Outdoor time/Self-Reflect ¹	Outdoor time/Self-Reflect ¹	Outdoor time/Self-Reflect ¹	Outdoor time/Self-Reflect ¹ Holistic Activity Centering	Outdoor time/Self-Reflect ¹ Holistic Activity Centering
*1:00-2:00pm	Group Therapy-Counselors	Group Therapy-Counselors	Group Therapy-Counselors	Group Therapy-Counselors	Group Therapy-Counselors	Group Therapy-Counselors	Group Therapy-Counselors
2:00-3:30pm	Outdoor break Exercise Activity Holistic Activity Centering	Outdoor break Peer Support Holistic Activity Centering	Outdoor break Exercise Activity Peer Support	Outdoor break Peer Support Holistic Activity Centering	Outdoor break Exercise Activity Holistic Activity Centering	Outdoor break Peer Support Holistic Activity Centering	Outdoor break Peer Support Exercise Activity

*All sessions with asterisk next to time are mandatory groups.

*Dining Room is **closed** to all for cleaning during these standard group times.

TV Lounges and telephones are off during scheduled group times.

Creative Arts Therapy = Art, Music, Recreation; Group Therapy are psychotherapeutic groups using DBT, CBT, etc. ¹Self-Reflection can be journaling, answering skills questions for the day, meditation, reviewing group therapy concepts, review of goals for the day.

*Holistic Activity & Centering (HAC) e.g., aromatherapy, brain games, music, mandala meditation, bosu ball balance, yoga, outside exercise, NA/AA, peer support, Open Studio etc.

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*3:30-4:15pm	Team Building Group-CL Relapse Prevention-CL	New member orientation-ES Seeking Safety (Men)-MC Combined Step Meeting-CA	ACT Group-Psych intern PRO ACT presents (Biweekly) CBT Group (Monthly)-ES	New member orientation-ES Seeking Safety (Men)-MC Self Esteem (Biweekly)-CL	Stress Management-CL Music Therapy-VH	Documentary discussion-CL Music Therapy-VH	Recovery Lecture-CL Music Therapy-VH
4:15-5:00pm	Personal items sign up AFTER group	Personal items sign up AFTER group	Personal items sign up AFTER group	Personal items sign up AFTER group	Personal items sign up AFTER group	Personal items sign up AFTER group	Personal items sign up AFTER group
4:20pm	DINNER Women 4:20-4:50pm Men 4:50-5:30pm Medications (4:30-5:30pm)	DINNER Women 4:20-4:50pm Men 4:50-5:30pm Medications (4:30-5:30pm)	DINNER Women 4:20-4:50pm Men 4:50-5:30pm Medications (4:30-5:30pm)	DINNER Women 4:20-4:50pm Men 4:50-5:30pm Medications (4:30-5:30pm)	DINNER Women 4:20-4:50pm Men 4:50-5:30pm Medications (4:30-5:30pm)	DINNER Women 4:20-4:50pm Men 4:50-5:30pm Medications (4:30-5:30pm)	DINNER Women 4:20-4:50pm Men 4:50-5:30pm Medications (4:30-5:30pm)
5:00-6:00pm	Outdoor time/Self-Reflect ¹	Outdoor time/Self-Reflect ¹	Outdoor time/Self-Reflect ¹	Outdoor time/Self-Reflect ¹	Outdoor time/Self-Reflect ¹	Outdoor time/Self-Reflect ¹	Outdoor time/Self-Reflect ¹
*6:00-6:45pm	Women's Community Connection Reviewing Today's Skill-CA Men's Community Connection Reviewing Today's Skill-CA	Women's Community Connection Reviewing Today's Skill-CA Men's Community Connection Reviewing Today's Skill-CA	Women's Community Connection Reviewing Today's Skill-CA Men's Community Connection Reviewing Today's Skill-CA	Women's Community Connection Reviewing Today's Skill-CA Men's Community Connection Reviewing Today's Skill-CA	Women's Community Connection Reviewing Today's Skill-CA Men's Community Connection Reviewing Today's Skill-CA	Women's Community Connection Reviewing Today's Skill-CA Men's Community Connection Reviewing Today's Skill-CA	Women's Community Connection Reviewing Today's Skill-CA Men's Community Connection Reviewing Today's Skill-CA
6:45-7:00pm	Outdoor break	Outdoor break	Outdoor break	Outdoor break	Outdoor break	Outdoor break	Outdoor break
*7:00-8:00pm	AA/NA Meeting -CA Dharma Recovery-CA	AA/NA Speaker Meeting	Open Mic Night Poetry/Music (Biweekly) or Crystal Meth Anonymous Meeting	Alumni Meeting	AA/NA Meeting-CA Dharma Recovery-CA	Big Book Study Group Recovery Jeopardy-CA	Big Book Study Group Team Trivia-CA
8:00-8:30pm	Care Transitions Group-CS (Discharging next day)	Care Transitions Group-CS (Discharging next day)	Care Transitions Group-CS (Discharging next day)	Care Transitions Group-CS (Discharging next day)	Care Transitions Group-CS (Discharging next day)	Care Transitions Group-CS (Discharging next day)	Care Transitions Group-CS (Discharging next day)
8:10-10:10pm	Evening Phone Time	Evening Phone Time	Evening Phone Time	Evening Phone Time	Evening Phone Time	Evening Phone Time	Evening Phone Time
9:00-9:30pm	SNACK TIME	SNACK TIME	SNACK TIME	SNACK TIME	SNACK TIME	SNACK TIME	SNACK TIME
9:30-10:55pm	Medications	Medications	Medications	Medications	Medications	Medications	Medications
9:30-11:00pm	Good Night & Self-Care	Good Night & Self-Care	Good Night & Self-Care	Good Night & Self-Care	11:30pm Good Night & Self-Care	11:30pm Good Night & Self-Care	Good Night & Self-Care

Laundry Times daily are 7:20am-8:20am-9:20am-11:20am-12:20pm-2:20pm-4:20pm

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