

Program Schedule

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sunday
6:00-6:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
6:30-7:30	Self- Administration of Medication	Self- Administration of Medication	Self- Administration of Medication	Self- Administration of Medication	Self- Administration of Medication	Self- Administration of Medication	Self- Administration of Medication
7:30- 8:00	Community Meeting	Community Meeting	Community Building Nati	Community Meeting	Community Meeting	Deep Clean	Deep Clean
08:00-9:15	Home work	Homework		Home work	8:45 am - 9:45 am	Deep Clean	Deep Clean
09:00-10:00	Exercise Class (starts at 8:30am) Jackie	Volleyball Rudy		Exercise Class (starts at 8:30 am) Jackie	Relapse Prevention Education Portion House Managers		New Client Orientation
9:30-10:30	Small Group/Talking Circle	Break	Relapse Prevention Counselor Led 9:45 – 10:45	Small Group/Talking Circle	Seeking Safety (Jackie) 10:00-11:30	Big Book Study 10:00-11:00 am	Big Book Study 09:30-10:30 am
9:30-10:30	Employability Lab Open for clients not in Small Group/Talking Circle			Employability Lab Open for clients not in Small Group/Talking Circle			9:30-10:30a Talking Circle
10:45-12:00	Small Group/ Talking Circle Employability Lab Open for clients not in Small Group/Talking Circle			Parenting Love & Logic (Jackie)			Twinfeathers/ Flute Relaxation 10:45-noon
11:30-12:30	Self- Administration of Medication	Self- Administration of Medication	Self- Administration of Medication	Self- Administration of Medication	Self- Administration of Medication	Self- Administration of Medication	Self- Administration of Medication
12:00-1:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:15-2:15	Self-Awareness 1:15	Trauma	Domestic Violence (Rudy)	Phasing	Healthy Relationships	Create Your Best Life (Jackie)	Group Recreation Activity/Visitation
2:15-2:30	Break	Break	Phasing		Break	Group Recreation 3:00 -4:00 pm Cover to Cover	Visitation
2:30-3:30	2:45 pm Anger Management (Jackie)	ACU Detox	Phasing	Nutrition/Garden Kitchen U of A 2:30 -4:30	Smart Recovery (Rochelle)	Group Recreation Activity/Visitation	
3:30-4:00	Break	Break	Mentor Selection		Spiritual Learning	Group Recreation Activity/Visitation	Visitation
4:00-5:00	Health Class 3:45- 4:45 Last Tuesday of the month	Break	Break			Break	Visitation
5:00-6:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00-6:30	Self- Administration of Medication Resident Council 6:00-7:00 pm	Self- Administration of Medication	Self- Administration of Medication	Self- Administration of Medication White Bison 5-8	Self- Administration of Medication	Self- Administration of Medication	Self- Administration of Medication
7:00-8:00	AA Meeting	12-Step Meeting	CMA Meeting	Study Group Back to Basics 7-8:30	12 Step Meeting Fun Night 8-9	N/A Meeting	CA Meeting 7-8
8:30-9:30	Self- Administration of Medication	Self- Administration of Medication	Self- Administration of Medication	Self- Administration of Medication	Self- Administration of Medication	Self- Administration of Medication	Self- Administration of Medication

August 2nd 2016