

# Haven Residential Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:30 Breakfast	6:00-6:30 Breakfast	6:00-6:30 Breakfast	6:00-6:30 Breakfast	6:00-6:30 Breakfast	6:00-6:30 Breakfast	6:00-6:30 Breakfast
7:30-8:00 <u>Community Meeting</u>	7:30-8:00 <u>Community Meeting</u>	7:30-8:00 <u>Community Meeting</u>	7:30-8:00 <u>Community Meeting</u>	7:30-8:00 <u>Community Meeting</u>	7:30-9:15  Deep Cleaning	7:30-8:45  Open
8:15- 8:30 Meditation	8:15-8:30 Meditation	8:15-8:30 Meditation	8:15-8:30 Meditation	8:15-8:30 Meditation		9:00-10:00 <u>New Client Orientation</u>
8:30-9:30 <u>Exercise Class</u> Jackie	9:00-Noon <u>Psychodrama</u> <u>Nature Hikes</u> <u>Nutrition</u> <u>Gardening</u>	8:30-9:30 <u>Exercise Class</u> Jackie	8:30-9:30 <u>Exercise Class</u> Jackie	8:45-9:45 <u>Relapse Prevention</u> Shawwna Upper Rec		
9:45-10:45 <u>Small Group 1</u> Nati – House 5 Misty – Acu Detox Room Gabi- Upper Rec	<u>Psychodrama</u> <u>Nature Hikes</u> <u>Nutrition</u> <u>Gardening</u>	9:45-10:45 <u>Relapse Prevention Groups</u>	9:45-10:45 <u>Small Group 1</u> Nati – House 5 Gabi- Dining Hall Misty – Acu Detox Room	10:00-10:45 <u>Yoga</u> Jackie	10:00-11:00 <u>Big Book Study</u>	10:00-11:00 <u>Big Book Study</u>
10:45-11:45 <u>Small Group 2</u> Nati – House 5 Misty – Acu Detox Room Gabi- Upper Rec	<u>Psychodrama</u> <u>Nature Hikes</u> <u>Nutrition</u> <u>Gardening</u>	11:00 – 12:00 <u>Yoga</u> Jackie	10:45-11:45 <u>Small Group 2</u> Nati – House 5 Gabi – Dining Hall Misty – Acu Detox Room	11:00-12:00 <u>Labyrinth</u> Upper Rec	11:00–12:00 Break	10:00-11:00 <u>Mother Child</u>
12:00-1:00 Lunch	12:00-1:00 Lunch	12:00-1:00 Lunch	12:00-1:00 Lunch	12:00-1:00 Lunch	12:00-1:00 Lunch	12:00-1:00 Lunch
1:00-2:00 <u>Parenting w/Jackie</u> Upper Rec	1:00-2:00 <u>Seeking Safety/Jackie</u> Acu Detox	1:00-2:00 <u>Building Community</u> Every Other Week	1:00-2:00 <u>Healthy Relationships</u> Jackie Upper Rec	1:00-2:00 <u>Create Your Best Life</u> Jackie	1:00-3:00  Visitation  <u>3:00 Fun Stuff Activities</u>	1:00-3:00  Visitation  <u>3:00 Fun Stuff Activities</u>
1:00-2:00 <u>Insight Recovery w/Dennis</u> Acu Detox	1:00-2:00 <u>Music w/Dennis</u> Upper Rec		<u>Spiritual Recovery</u> Dennis Acu Detox			
2:30-3:30 <u>Anger Management</u> Jackie Upper Rec	2:30-3:15 <u>Good Grief 1 w/ Kristy</u> 3:30-4:15 <u>Good Grief 2 w/Kristy</u>	2:30-4:00 Acudetox	2:30 <u>Self- Awareness w/Rochelle</u>  3:00 <u>Smart Recovery w/Rochelle</u>			
5:00-6:00 Dinner	5:00-6:00 Dinner	5:00-6:00 Dinner	5:00-6:00 Dinner	5:00-6:00 Dinner	5:00-6:00 Dinner	5:00-6:00 Dinner
6:00-7:00 <u>Resident Council</u>				7:00-8:00 <u>12-Step Meeting</u>		
7:00-8:00 <u>12-Step Meeting</u>	7:00-8:00 <u>12-Step Meeting</u>	7:00-8:00 <u>12-Step Meeting</u>	7:00-8:30 <u>12-Step Meeting</u>	8:00-9:00 <u>Fun Night</u>	7:00-8:00 <u>12 Step Meeting</u>	7:00-8:00 <u>12-Step Meeting</u>