

Sample Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	
7:00a	Mindfulness					7:00a
8:00a	BREAKFAST					8:00a
9:00a	INTENTIONS/ACT GROUP (ACCEPTANCE AND COMMITMENT THERAPY)					9:00a
10:00a		Individual Therapy		Psychiatric Evaluation		10:00a
10:30a					Private Yoga	10:30a
11:00a	DIALECTICAL BEHAVIOR THERAPY (DBT) GROUP					11:00a
12:00p	LUNCH					12:00p
1:00p	Psychiatric Follow-Up	DBT Orientation	Nutrition Consultation		Medical Check-In	1:00p
1:30p	Individual Therapy		Individual Therapy	Individual Therapy	Family Therapy	1:30p
2:30p	GROUP FITNESS					2:30p
3:30p	<i>A selection of our rotating Fitness and Yoga Class offerings: Kickboxing, Yoga, Circuit Training, Zumba, T'ai Chi</i>					3:30p
5:00p	COGNITIVE BEHAVIORAL THERAPY (CBT) GROUP					5:00p
6:00p	DINNER					6:00p
7:00p	BODYWORK <i>A variety of treatments are available, including massage and acupuncture.</i>					7:00p
8:00p	AA Meeting <i>(offsite)</i>	SMART Recovery <i>(offsite)</i>	Refuge Recovery <i>(offsite)</i>	Art Group <i>(onsite)</i>	AA Meeting <i>(offsite)</i>	8:00p
	Monday	Tuesday	Wednesday	Thursday	Friday	

	Saturday	Sunday	
9:00a	BREAKFAST		9:00a
10:00a	GROUP	AA MEETING <i>(offsite)</i>	10:00a
11:00a	GROUP FITNESS		11:00a
12:00p	LUNCH		12:00p
1:00p	OFFSITE ACTIVITIES		1:00p
2:00p	<i>A selection of our offsite activities include hiking, trips to town, going to the movies, museums, local events, obstacle and ropes courses</i>		2:30p
3:00			
6:00p	DINNER	OFFSITE EXPOSURE DINNER	6:00p
	Saturday	Sunday	