



WEEKLY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 - 7:30	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up
7:45	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:00 - 8:30	Medications & Clean Room	Medications & Clean Room	Medications & Clean Room	Medications & Clean Room	Medications & Clean Room
8:30 - 9:30	Meditation & Exercise*	Meditation & Exercise*	Meditation & Exercise*	Meditation & Exercise*	Meditation & Exercise*
9:30 - 11:30	CD Process Group* Self Esteem	CD Education Group*	CD Group*	CD Education Group*	Spirituality Group
11:30 - 12:30	Lunch and Personal Time	Skills Group on ROPES Course	Lunch and Personal Time	Salad Bar Lunch Personal Time	Lunch and Personal Time
12:30 - 1:30	CD Group*	Lunch, Team Meetings, CFR Group	CFR Outing or Spirituality Group	Nutrition Life Skills Group every other week	Independent Study, Discharge Planning
1:30 - 2:00	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time
2:00 - 3:00	Vocational Woodshop	Life Skills Health Group	Independent Step Study	AA Group	Yoga Class
3:30 - 4:30	Rec Therapy or Swimming	Cooking Class	Life Skills Relaxation Therapy	Step Work	HEB**
4:30 - 5:30	Rec Therapy or Swimming	AA Primary Purpose Meeting**	Life Skills Relaxation Therapy	Walgreens**	Gardening
5:30 - 8:00	Dinner & AA or NA Meeting**	AA Primary Purpose Meeting**	Dinner, Alumni Group last week of month	Dinner, Stress Management Group	Dinner, Cherry Creek AA Meeting**
8:00 - 9:00	Community Wrap-Up Group	Community Wrap-Up Group	Community Wrap-Up Group	Community Wrap-Up Group	Community Wrap-Up Group
9:00 - 9:30	Snack & Clean Unit	Snack & Clean Unit	Snack & Clean Unit	Snack & Clean Unit	Snack & Clean Unit
9:30 - 10:00	Journal	Journal	Journal	Journal	Journal
10:00 - 10:30	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time
10:30	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime

	SATURDAY	SUNDAY
7:00 - 7:30	Wake Up	Sleep In
7:30 - 8:00	Medications & Clean Room	Sleep In
8:30 - 9:30	Art Activity	Medications & Clean Room
9:30 - 11:30	Art Activity	12-Step Group
11:00 - 3:00	Visitation	Visitation
11:30	Lunch	Lunch
3:00 - 5:00	Relapse Prevention	Outing with Staff**
5:00 - 5:30	Dinner	Dinner
5:30 - 8:00	Bouldin AA Meeting**	Big Book Study
8:00 - 9:00	Community Wrap-Up Group	Community Wrap-Up Group
9:00 - 9:30	Snack & Clean Unit	Snack & Clean Unit
9:30 - 10:00	Journal	Journal
10:00 - 10:30	Personal Time	Personal Time
10:30	Personal Time	Bedtime
11:30	Bedtime	

*Subject to excused absence for individual therapy sessions

** Off campus community re-integration activity