

RESIDENTIAL WEEKLY SCHEDULE ▪ MOUNTAINSIDE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM - 7:45 AM	☕ Breakfast & Medications					🏋️ Gym	
7:45 AM - 8:15 AM	Meditation & Morning Check-In					8:00 AM - 8:45 AM Breakfast & Medications	
9:00 AM - 10:00 AM	Yoga	Qi Gong	Yoga	Pilates	Yoga	Pilates	Phase Work or Meditation
9:15 AM - 10:45 AM	Individual Therapy, 2 sessions per week					Meditation & Morning Check-In	
10:45 AM - 12:15 PM	Process Group	Skills Seminar	Process Group	Skills Seminar	Process Group	9:30 AM Big Book Study and/or Karaoke	10:00 AM - 4:00 PM Family Program* or 10:30 AM Art Therapy
12:15 PM - 1:00 PM	🍽️ Lunch & Medications						
12:45 PM - 1:30 PM	Phase Work					1:15 PM Qi Gong or Family Program* or 1:30 PM - 3:30 PM Sober Fun (alternate Sundays)	1:00 PM - 3:00 PM Visiting Hours or 1:30 PM - 2:30 PM Qi Gong (for those who do not have visitors)
1:30 PM - 2:30 PM	Addiction/Recovery & the Brain	Psychoeducation or Workshop Day (3rd Tuesday)	Ecotherapy	Spirituality	1:15 PM Movement Therapy Family Members attend FP		4:00 PM Phase Group
3:00 PM - 4:30 PM	Gym or Holistic Therapy Sessions			Group Acupuncture Gym or Holistic Sessions	Gym or Holistic Therapy Sessions		
5:00 PM - 5:45 PM	🍷 Dinner & Medications						
6:00 PM - 7:00 PM	Men's AA or Life Ring Meeting	Dharma Recovery or 12-Step Meeting	Phase Group	New Resident Orientation	Phase Group	Phase Work	Movie or NA Meeting
7:00 PM - 9:00 PM			Women's 12-Step Meeting	Chip Meeting or SMART Recovery	NA Meeting or Spirit Rock (2nd Friday of month)	Alumni Speaker or Drum Group	
9:00 PM - 9:30 PM	Closure Group						
9:30 PM - 10:30 PM	Free Time & Medications						
11:00 PM	🛏️ Lights Out						

*Family Program (FP) is held Friday/Saturday twice per month

RESIDENTIAL WEEKLY SCHEDULE ▪ CANYONSIDE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM - 7:45 AM	☕ Breakfast & Medications					🏋️ Gym	
7:45 AM - 8:15 AM	🧘 Meditation & Morning Check-In					8:00 AM - 8:45 AM Breakfast & Medications	
9:00 AM - 10:00 AM	Yoga	Qi Gong	Yoga	Pilates	Yoga	9:30 AM Pilates or 10:30 AM Meditation	Phase Work or Meditation
9:15 AM - 10:45 AM	🗨️ Individual Therapy, 2 sessions per week					🧘 Meditation & Morning Check-In	
10:45 AM - 12:15 PM	Process Group	Skills Seminar	Process Group	Skills Seminar	Process Group	9:30 AM Big Book Study and/or Karaoke	10:00 AM - 4:00 PM Family Program* or Hike/Rec Time
12:15 PM - 1:00 PM	🍽️ Lunch & Medications						
12:45 PM - 1:30 PM	🗨️ Phase Work						
1:30 PM - 2:30 PM	Addiction/Recovery & the Brain	Psychoeducation or Workshop Day (3rd Tuesday)	Phase Work or Recovery Tools Class	Pilates	1:15 PM Movement Therapy Family members attend FP	1:15 PM Qi Gong or Family Program* or 1:30 PM - 3:30 PM Sober Fun (alternate Sundays)	1:00 PM - 3:00 PM Visiting Hours or 1:15 PM Qi Gong (for those who do not have visitors)
2:30 PM - 3:30 PM	Rec Time or Holistic Therapy Sessions	2:45 PM Qi Gong or Holistic Sessions	3:00 PM Ecotherapy	Spirituality	Rec Time or Holistic Sessions	Art Therapy	Phase Work
4:00 PM - 5:00 PM		Rec Time		3:45 PM Qi Gong	Phase Work	Phase Work	Phase Group
5:00 PM - 5:45 PM	🍽️ Dinner & Medications						
6:00 PM - 7:00 PM	Men's AA or Life Ring Meeting	Dharma Recovery or 12-Step Meeting	Phase Group	New Resident Orientation	Phase Group	Phase Work	Movie or NA Meeting
7:00 PM - 9:00 PM			Women's 12-Step Meeting	Chip Meeting or SMART Recovery	NA Meeting or Spirit Rock (2nd Friday of month)	Alumni Speaker or Drum Group	
9:00 PM - 9:30 PM	🗨️ Closure Group						
9:30 PM - 10:30 PM	🕒 Free Time & Medications						
11:00 PM	🛏️ Lights Out						

*Family Program (FP) is held Friday/Saturday twice per month