



A Member of CRC Health Group

A treatment center exclusively for women located in Newport Beach, California

# The Rose Of Newport Beach

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Time	MON	TUE	WED	THUR	FRI	Time	SAT	SUN
7:00	WAKE UP	WAKE UP	WAKE UP	WAKE UP	WAKE UP	7:00	SLEEP IN	SLEEP IN
7:15	PRIVATE	BEACH WALK	BEACH WALK	BEACH WALK	BEACH WALK	7:45	WAKE UP	WAKE UP
7:15	MEDITATION	PR. MEDITATION	PR. MEDITATION	PR. MEDITATION	PR. MEDITATION	8:00	PR. MEDITATION	PR. MEDITATION
8:00	BREAK./MEDS.	BREAK./MEDS.	BREAK./MEDS.	BREAK./MEDS.	BREAK./MEDS.	8:15	MEDICATION	MEDICATION
8:30	GET READY	GET READY	GET READY	CODEPENDENCY GROUP - TANYA	LOVE ADDICTION LECTURE - MARY R2	8:30	BREAKFAST	BREAKFAST
9:00	*9:00-10:15 AA MTG Newport Club	HYPNOTHERAPY @17TH ST. W/ SCOTT. S	GROUP			9:00	CHORES	CHORES
9:30			PROCESS	9:30	FREE TIME	FREE TIME		
10:00			10:15 FOUR AGREEMENTS	JOHNNY O STEP STUDY	10:00-11:30 RE-INVENTING THE WOMAN WITHIN w/VICKI R2			
10:30	STUDY TIME		CINDY DUPOUE	MIKE MAXIE RELAPSE PREVENTION R2	10:30		HOUSEKEEPING	
11:00	JERRY BROWN	ERIKA V. @ R2	W/BONNIE	NUTRITION	STUDY TIME	11:00		
11:30	LECTURE @ R2	PSYCHODRAMA	FREE TIME			11:30		
NOON	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	12:00	LUNCH	OUT TO LUNCH
1:00	PILATES	1:15 TRAUMA GROUP - MARY	PILATES	1:15 TRAUMA GROUP - MARY	PILATES	12:30		& OFFSITE
1:30	FREE TIME		STARBUCKS		2:15 EMDR	1:00	MESSAGE OR ENERGY HEAL.	ACTIVITY
2:00	STEP STUDY	1:1 INDIVIDUAL SESSIONS		1:1 INDIVIDUAL SESSIONS	DR. McILLWAIN	1:30		11:00-4:00
2:30	WORKSHOP		ART THERAPY W/ROBIN L.		1:1 INDIVIDUAL SESSIONS	2:00	HOMEWORK	
3:00	FREE TIME		FREE TIME	STUDY TIME	FREE TIME	3:00	FREE TIME	FREE TIME
3:30	STUDY TIME	STUDY TIME				3:30	HOMEWORK	
4:00						4:00		
4:30	DINNER	DINNER	DINNER	DINNER	DINNER	5:00	DINNER	PIZZA NIGHT
5:00	6:00-7:30	CLEAN UP	CLEAN UP	CLEAN UP	CLEAN UP	6:00	CLEAN UP	CLEAN UP
6:00	HOW HALL	*6:30-7:30	*6:30-7:30	*6:30-7:30	6:30 WOMEN'S MEETING H.B.	6:30	FREE TIME	6:30 PILLS ANONYMOUS
6:30	BIG BOOK	ROSE ALUMNI MEETING @ R2	AA STEP STUDY MEETING H.B.	AA MEETING AT ROSE II	7751 GLENCOE	7:00		
7:00						8:00	*8:00-9:30	MEETING
8:00	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	8:30	AA CANYON CLUB	FREE TIME
8:30						9:00		
9:00	MEDICATION	MEDICATION	MEDICATION	MEDICATION	MEDICATION	9:30	MEDICATION	MEDICATION
10:00	~~~~ ~~~~ GROUP PROCESS/CLOSURE GROUP ~~~~ ~~~~ ~~~~ GROUP PROCESS/CLOSURE GROUP ~~~~ ~~~~							
10:15	JOURNAL TIME	JOURNAL TIME	JOURNAL TIME	JOURNAL TIME	JOURNAL TIME	10:45	JOURNAL TIME	JOURNAL TIME
10:45	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	LIGHTS OUT	FREE TIME	11:00	FREE TIME	LIGHTS OUT
11:00					LIGHTS OUT	12:00	LIGHTS OUT	
12:00								

\*Time shown for outside AA meetings reflects the time the meetings start - all clients need to be ready to leave facility approx. 40 min before meeting start time, with exception for Sat HOW Hall in H.B., clients need to be ready by 6:15.

CLIENTS MUST BE DOWNSTAIRS READY TO BEGIN GROUP 10 MINUTES PRIOR TO START TIME - NO COMPUTERS/CELL PHONES.

COLOR CODE: RED: OUTSIDE SESSION OR CLINICIAN COMING IN GREEN: EXERCISE PURPLE: STAFF BLUE: STUDY/FREE TIME