



# 2009 Sample Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00		Wake-Up Group Morning Meditation	Wake-Up Group Morning Meditation	Wake-Up Group Morning Meditation	Wake-Up Group Morning Meditation	Wake-Up Group Morning Meditation	Wake-Up Group Morning Meditation
7:00	Wake-Up Group Morning	Breakfast/Chores	Breakfast/Chores	Breakfast/Chores	Breakfast/Chores	Breakfast/Chores	Breakfast/Chores
8:00	Breakfast						
8:30		Exercise	Exercise	Exercise	Exercise	Exercise	Exercise
9:00	Chores						
9:45		Process Group A	Process Group A	Process Group	Process Group	Process Group A	Process Group All CTs
10:00	Personal Time	Process Group B	Process Group B *Off Property	All Clients in Grp Room		Process Group B	
11:00		Lecture	*Lecture	Lecture	Lecture	Lecture	Free Time
12:00	Barbecue	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00	Free Time						Free Time
1:15		Step Process Group	Step Process Group	Big Book Study	Step Process Group	Free Time/Outing	SCL-90R
2:30		TASK Group	TASK Group	TASK Group	TASK Group		
4:00		Personal Study Time	Aftercare Planning	Personal Study Time	Personal Study Time	Free Time	
5:00	Dinner (BBQ)	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00		Free Time	Free Time	Free Time	Free Time	Free Time	Free Time
6:30	Outside A.A. Mtg						
7:00		Outside A.A. Mtg	A.A. Meeting In-House with Guest Speaker	Outside A.A. Mtg	A.A. Meeting	Outside A.A. Mtg	Outside A.A. Mtg
8:15			Free Time				
9:30	Return from Meeting Meds	Free Time Meds	Free Time Meds	Free Time Meds	Free Time Meds	Return from Meeting Meds	
10:00							Return from Meeting Meds
10:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

\*Free Time To Be Used for: COUNSELING, STEPWORK, AND JOURNALING.

Week 1 Lecture: Denial/Defense/Impact

Week 2 Lecture: Anger Management

Week 3 Lecture: Relapse Prevention