

RESIDENTIAL PROGRAM (RTC) - Example Schedule *Subject to change							
TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30 AM							
9:00 AM	Daily Goal Setting	Goals	Goals	Goals	Goals	Goals	Daily Goal Setting &
9:30 AM	& Mindfulness	Relapse Prevention	CBT	DBT	Self-Awareness	DBT	Mindfulness
10:00 AM	Gardening, Walking						AA Meeting;
10:30 AM	Trail or Outdoor Activity	Art Therapy			Art Therapy		Laundry/Room Cleaning
11:00 AM	Yoga		Recreation Therapy	Recreation Therapy		Drumming	Yoga
11:30 AM							(11:15am)
12:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:30 PM							
1:00 PM	Visitation	Meditation	Music Therapy	Meditation	CBT	Meditation	Visitation;
1:30 PM		S.A. Group		Process Group	Window Room #106	Process Group	Off Site Activity
2:00 PM	Visitation; Gym;	Education or	Healthy		Health Promotion		Visitation;
	Walking;	Drumming	Relationships				Off Site Activity
2:30 PM	Weight Training	Horticulture Therapy		Music Therapy		Culinary Nutrition	
3:00 PM	Spiritual Activity		Nutrition Education		Yoga		Laundry/Room cleaning
3:30 PM 4:30 PM	Physical Wellness	Physical Wellness in					
5:00 PM	in Gym	Gym	Gym	Gym	Gym	Gym	Gym
5:30 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:30 PM	Visitation;	Visitation	Visitation;	Visitation	Visitation	Visitation	Visitation
	Open Art Studio		Spirituality Group				
	(6:30 – 7:30 PM)		, , ,				
7:00 PM	Visitation	Visitation; 1:1	Visitation; AA Mtg.	Visitation	Visitation; AA Mtg.	Visitation	Visitation
		Spiritual Mtgs.					
8:00 PM	Daily Wrap-Up	Daily Wrap-Up	Daily Wrap-Up	Daily Wrap-Up	Daily Wrap-Up	Daily Wrap-Up	Daily Wrap-Up
8:30 PM	Snack Time	Snack Time	Snack Time	Snack Time	Snack Time	Snack Time	Snack Time