

# Sample Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>7:00 AM - 8:00 AM</b>	Optional AA Meeting	Optional AA Meeting	Optional AA Meeting	Optional AA Meeting	Optional AA Meeting	Optional AA Meeting	Optional AA Meeting
<b>8:00 AM - 9:00 AM</b>	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<b>9:00 AM - 11:00 AM</b>	Offsite Group / Outing	Wellness Services	Wellness Services	Wellness Services	Wellness Services	Wellness Services	Offsite Group / Outing
<b>11:30 AM - 12:30 PM</b>		Process Group	EMDR Individual Session	Family Group	Mindfulness	Process Group	DBT Skills Group
<b>12:30 PM - 1:30 PM</b>	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<b>1:30 PM - 2:30 PM</b>	Spa	Business Hour	Business Hour	Business Hour	Business Hour	Business Hour	Neurofeedback
<b>2:45 PM - 3:45 PM</b>		Art Therapy	IV Therapy	Neurofeedback Family Therapy Session	Hypnotherapy	Men's / Women's Group	Mindfulness Group
<b>4:00 PM - 5:00 PM</b>	Family Visit	Individual Therapy Session	Goal Setting Group		Relapse Prevention Group	Mindfulness Group	Individual Therapy Session
<b>5:30 PM - 6:30 PM</b>		Hypnotherapy	Individual Therapy Session	EMDR Individual Session	Experiential Group	Beach Walk	Leisure
<b>6:30 PM - 7:30 PM</b>	Immersion Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
<b>7:30 PM - 8:30 PM</b>		Sleep Assistance	Optional Outing	Sleep Assistance	Optional Outing	Optional Outing	Optional Outing

