

# GROUP SCHEDULE

*\*GROUP SCHEDULE IS SUBJECT TO CHANGE\**

## MONDAY

**9AM-10AM** COMMUNITY MEETING  
**10AM-12PM** RECOVERY & EMPOWERMENT GROUP  
**1PM-2:30PM** RELAPSE PREVENTION | NEUROTHERAPY  
**7PM-8:30PM** DAILY REFLECTIONS OR 12 STEP MEETING

## TUESDAY

**9AM-11AM** RECOVERY & EMPOWERMENT GROUP  
**11AM-12PM** PHYSICAL WELLNESS  
**1PM-2:30PM** RELAPSE PREVENTION  
**7PM-8:30PM** DAILY REFLECTIONS OR 12 STEP MEETING

## WEDNESDAY

**9AM-10AM** RELATIONSHIPS IN RECOVERY  
**10AM-12PM** RECOVERY & EMPOWERMENT GROUP  
**1PM-2:30PM** RELAPSE PREVENTION | NEUROTHERAPY  
**7PM-8:30PM** DAILY REFLECTIONS OR 12 STEP MEETING

## THURSDAY

**9AM-11AM** RECOVERY & EMPOWERMENT GROUP  
**11AM-12PM** RELATIONSHIPS IN RECOVER  
**1PM-2:30PM** RECREATIONAL THERAPY | NEUROTHERAPY  
**7PM-8:30PM** DAILY REFLECTIONS OR 12 STEP MEETING

## FRIDAY

**9AM-10AM** RELATIONSHIP IN RECOVERY  
**10AM-12PM** COOKING & EXPLORATION OF TALENT  
**1PM-2PM** PHYSICAL WELLNESS  
**6:30PM-8:30PM** LIFE SKILLS IN RECOVER (OUTING)

## SATURDAY

**9AM-11AM** ACTIVITY OF DAILY LIVING  
**11AM-12PM** SOBER FUN PLAN & RECREATIONAL THERAPY  
**1PM-3PM** LIFE SKILLS IN RECOVERY (OUTING)  
**7PM-8:30PM** DAILY REFLECTIONS OR 12 STEP MEETING

## SUNDAY

**9AM-12PM** ACTIVITIES OF DAILY LIVING OR SPIRITUAL OUTING  
**1PM-2:30PM** SOCIAL SKILLS (LEARNING TO LIVE SOBER)  
**7PM-8:30PM** DAILY REFLECTIONS OR 12 STEP MEETING