

## SECOND 2 NONE RECOVERY DAILY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	NOTES
6:45am Fitness & Nutrition	6:45am Fitness & Nutrition	6:45am Fitness & Nutrition	6:45am Fitness & Nutrition	6:45am Fitness & Nutrition		
845 AM depart for facility	845 AM depart for facility	845 AM depart for facility	845 AM depart for facility	845 AM depart for facility		
9AM Process Group	9AM Process Group	9AM Process Group	9AM Process Group	9AM Process Group		
10AM: Education	10AM: Education	10AM: Education	10AM: Education	10AM: Education		
11 AM: Lunch	11 AM: Lunch	11 AM: Lunch	11 AM: Lunch	11 AM: Lunch		
11:30 12 Step mtg	11:30 12 Step mtg	11:30 12 Step mtg	11:30 12 Step mtg	11:30 12 Step mtg		
1:30 PM Relapse Prevention Group	1:30 PM Relapse Prevention Group	1:30 PM Relapse Prevention Group	1:30 PM Relapse Prevention Group	1:30 PM Relapse Prevention Group		
2:30 PM Assignments & Task Grp	2:30 PM Assignments & Task Grp	2:30 PM Assignments & Task Grp	2:30 PM Assignments & Task Grp	2:30 PM Assignments & Task Grp		
3:30pm Clean Up	3:30PM Clean up	3:30PM Clean up	3:30PM Clean up	3:30PM Clean up		
4:00pm Massage Therapy				5:00pm Family Group & Family Meet and Greet		

All Groups are minimum 60 minutes with a break after. Please do not leave group once it starts for any reason. One on One sessions and case management sessions will be conducted during education and or assignment groups as necessary.

Assignment groups are for clients to share individual treatment plan assignments and steps.

Relapse Prevention Groups will consist of a variety of different topics to include Relapse, Anger, Self Esteem, Trauma/PTSD, Anxiety, Defense Mechanisms etc.

Friday Family Meet and Greet and Family Group are as scheduled only.