

Men's Daily Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am	Workshop: Medical Aspects	Workshop	Workshop OSI Group	Workshop	Intro to 12-step program/ Dietitian appts
9:45 am to 11:30	Workshop	Psychotherapy Group	Psychotherapy Group	Psychotherapy Group	5th Chapter and/or Workshop
Noon	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 pm	Workshop OSI Group @ 1:30 pm	Psychotherapy Group OSI Group (offsite) @ TBA	Psychotherapy Group Community @ 2:40 pm	Psychotherapy Group	5th Chapter and/or Workshop
3:00 pm	Activity/Outing	Activity/Outing	Activity/Outing	Activity/Outing	Activity/Outing
5:30 pm	Supper	Supper	Supper	Supper	Supper
Evening	Workshop	Art expression @ 6:00 pm	Onsite speaker meeting @ 6:15pm	Art expression @ 6:00 pm	AA @ 7:55 pm

Time	Saturday
9:00 am	Check in/ Intros/ Big 5 Plans
Noon	Lunch
1:00 pm	Intros/ Big 5 Plans Activity (2pm)
5:30 pm	Supper
Evening	NA @ 6:50pm

Time	Sunday
11:00 am	Brunch
1:00 pm to 5:00	Visiting Activity/Outing @ TBA in morning
5:30 pm	Supper

Notes: All clients are expected to attend breakfast at 7am, Monday through Saturday. Individual counselling, psychiatric and medical appointments are scheduled throughout the week and may supercede group activities.

5th Chapter/Relapse Prevention workshop – In 5th Chapter, clients tell their stories to their peer group prior to program completion. In Relapse Prevention, client learn coping skills based on a Cognitive Behavioural Therapy (CBT) model.

Art Expression – Arts and crafts with a therapeutic component.

Big 5 Plan – A peer-review of a client's aftercare plan.

Drugs & Your Brain – Psychoeducation group on the neurobiology of addiction.

Intro to 12-Step Program – Psychoeducation on the history, culture, and philosophy of Alcoholics Anonymous and it's offshoots. Also includes practical aspects of attending meetings such as finding a sponsor, step groups, etc.

Meaning workshop – Psychoeducation group on the existential/humanistic aspects of addiction.

Medical aspects – Psychoeducation group on the physical effects of addiction on the body and mind.

Onsite Meeting – Support group open to "friends" of Sunshine Coast (including alumni). Guest speakers from AA/NA community often present.

Small Group – Clients work directly with their assigned counsellor. This is a psychotherapy group.

OSI Operational Stress Injury – Separate group sessions for individuals struggling with combat-related, diagnosed trauma.