

# Men's Daily Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am	Workshop	Workshop	Workshop OSI Group	Workshop	Workshop 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	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

**Disclaimer:** Course offerings and staff are subject to change without prior notice.

**Notes:** All clients are expected to attend breakfast at 7am, Monday through Saturday. Individual therapy, psychiatric and medical appointments are scheduled throughout the week and may supersede 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.

**AA** – Alcoholics Anonymous

**Art Expression** – Arts and crafts with a therapeutic component.

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

**NA** – Narcotics Anonymous

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

**Psychotherapy Group** – Clients work directly with their assigned counsellor.

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

**TBA** – To Be Announced

**Workshops Include:**

**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 its 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.