

MEN'S Daily Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:45 am			Fitness Group 7:45 – 8:30 am				
8 – 8:45 am	SMART	SMART	Community	SMART	SMART		
9 – 11:30 am	Group Therapy or Indiv. Appts.	Group Therapy or Indiv. Appts.	Group Therapy or Indiv. Appts.	Group Therapy or Indiv. Appts.	Group Therapy or Indiv. Appts.	Hellos & Goodbyes 9 – 12 pm	Outing 9 – 10:30 am
11:30 – 12:30 pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch 12 pm	Lunch 12 pm
12:30 – 2:30 pm	Workshop	Workshop	Workshop	DBT Workshop	Workshop	Meditation 12:30 pm	Spirituality 1:30 pm
2 – 4:30 pm	Individual Appts. DBT Coaching Session 2:15 – 3:15 pm	Individual Appts. Transitions 2 – 4 pm	Individual Appts. Meditation 2:30 – 3:15 pm	Individual Appts.	Individual Appts.		
3:30 or later	Art Expressions 3 – 5 pm	Outing Open Gym Time 3:30 – 4:30 pm	Outing	Outing Smoking Cessation 2:30 – 3:30 pm	Outing	Outing 3:30 pm	Hatha Yoga 4 – 5 pm
5 – 6 pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6 – 8 pm	Sober Sports 6:30 pm	Art Expressions 6 – 8 pm Hatha Yoga 7:15 – 8:15 pm	SMART Offsite 5:50 – 8 pm Yoga Nidra 8:30 – 9:30 pm	Drumming 6 – 8 pm	SMART 6:30 – 8 pm	NA Meeting Offsite 7 – 8:30 pm	Refuge Recovery 6 – 7 pm

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

*All clients attend workshops and community.
Transitions for specific clients only.*

*Outing times will vary depending on activity. Outings will
be displayed on notice board and signs each week.*

Weekend schedule times vary from weekday.



PRIMARY COUNSELLOR Session Assignments

In Group Therapy and Individual Appointments – Group A Elizabeth

Week 1	Monday In group	Tuesday In group	Wednesday	Thursday In group	Friday In group
Week 2	Monday	Tuesday In group	Wednesday In group	Thursday Ind. Appts	Friday In group
Week 3	Monday In group	Tuesday Ind. Appts	Wednesday In group	Thursday In group	Friday

In Group Therapy and Individual Appointments – Group B Heather

Week 1	Monday	Tuesday In group	Wednesday In group	Thursday Ind. Appts	Friday In group
Week 2	Monday In group	Tuesday Ind. Appts	Wednesday In group	Thursday In group	Friday
Week 3	Monday In group	Tuesday In group	Wednesday	Thursday In group	Friday In group

In Group Therapy and Individual Appointments – Group C Sara

Week 1	Monday In group	Tuesday Ind. Appts	Wednesday In group	Thursday In group	Friday
Week 2	Monday In group	Tuesday In group	Wednesday	Thursday In group	Friday In group
Week 3	Monday	Tuesday In group	Wednesday In group	Thursday Ind. Appts	Friday In group